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Lakes, Bay & Region · April 14 2018

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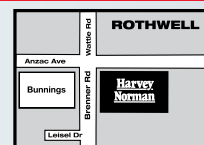
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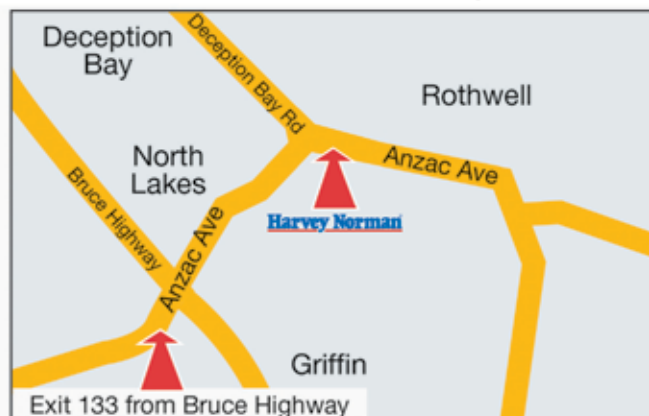
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For all advertising rates, specifications, templates conditions and bookings please contact our advertising department on **3881 3322** Tuesday to Thursday. Other times please call **0488 112 822** or email: **adz@northlakesmessenger.com.au**

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- All advertising is to be pre-paid.
- Advertising deadline is 12 midday Wednesday one week prior. Incomplete art due Tuesday midday one week prior.

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The Messenger is dedicated to the community and we welcome contributions from residents, community groups, schools, sporting groups, the private sector and institutions of higher education. Email reports and pictures to Editor Dan Fidler via:

editor@northlakesmessenger.com.au

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For the Community Notice Board and Your Say please email: **community@northlakesmessenger.com.au** observing the requisites and disclaimers printed on their relevant pages.

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The Messenger would like to acknowledge the traditional owners and elders of the lands and waters within the Moreton Bay Region and surrounds, both past and present.

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THE BECKY B DIFFERENCE

Becky B has always had an incredible love for all things hair-like but wanted to create a new culture and a new 'flavour' of hairdressing salon. A place where clients would not only walk out with a great new hairstyle, but somewhere they would feel amazing, not just physically but emotionally.

A place full of life, love and laughter, and a space where hair stylists could freely express themselves. Where they could kick butt simply because they felt so empowered at work, and somewhere they could also empower their clients. And the rest is history ...

THE BECKY B BEGINNINGS

It all started in 2012 in a salon in Caloundra where the Becky B team was slowly creating a highly successful business and servicing its clients to perfection. In fact, it was so successful that it was voted Number #1 Salon on the Sunshine Coast two years in a row!

Clients were travelling all the way from Brisbane to visit them, so Becky B thought, why not bring my business to them? And after a lot of hard work and some smart planning ... voila! Beck B North Lakes was born!

BECKY B NORTH LAKES

The minute you approach our doorstep, prepare for an exuberant welcome! We love our job (and it won't be half obvious), so don't be alarmed by our constant singing and dancing. And yes, it's free of charge – it's just a regular day at Becky B!

The first step? Developing your action plan. Here's where your talented stylist will discuss your long-term hair goals, your hair's health and condition, your hair maintenance and whether you have any hair or scalp conditions.

Then comes the fun part – time for your cut and colour! This is where things get really exciting, and it's the part we love best, because once we're done, we guarantee you'll walk out of here not just with a beautiful haircut, but with a dazzling smile as well!

THE BECKY B TEAM

We have a diverse group of strong intelligent woman working here, with qualifications in trichology, business, marketing, management, personal training, dance and child care. We have specialised training in cutting, colour work and barbering. We are women that understand the science of hair, believe in teamwork and most of all, support each other as much as we can. In fact, we're kinda like family!


THE BECKY B FAN CLUB

"I couldn't be more excited that Becky B has moved to North Lakes. Living on the other side of the city means that I can come back to my wonderful hairdresser, I can meet all the new and amazing staff in the salon and I can share a little banter and lots of laughter. Being a woman who isn't skilled in the art of hairdressing or any form of hair therapy for that matter, I always feel comfortable in the hands of Becky B and her wonderful team. I have never felt judged or worried about my lack of 'hair knowledge' - I just know that I will be looked after and I will walk out ecstatic!" — Rachelle Smith, North Lakes

Ready to share the Becky B experience?
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I SEE WHAT YOU DID THERE...

Facing up to modern privacy concerns

Most people know mobile phones reveal our movements and credit card companies collect our purchase habits but individuals are generally not bothered because they have "nothing to hide".

But what most people don't know is the extent to which facial recognition technology is being used to collect, store and share personal information for commercial and law enforcement uses, without our consent or knowledge, says Dr Monique Mann from QUT's Crime and Justice Research Centre.

"The expansion of collection of personal information by law enforcement and security agencies is not matched by adequate oversight or accountability measures to safeguard people's privacy," Dr Mann said.

"Most people are unaware of the National Facial Biometric Matching Capability (NFBMC) which became operational in 2016 and enables agencies to share facial templates for the purpose of face recognition.

"The biometric information of every Australian citizen with a passport has already been included so it contains the facial templates of approximately 12 million Australians.

"There are attempts to also increase coverage by including the drivers licence databases in Australia's states and territories. Indeed, the Queensland government passed legislation to enable this last week."

Dr Mann said use of big data is growing and the aggregation and mining of huge datasets enables individuals to be identified quite easily.

"Also face recognition technology can identify and track individuals in physical space

while also providing a gateway to the large searchable, ever-expanding datasets held by government, law enforcement and security agencies," she said.

"Most of us are simply unaware of how our information is being integrated and used - either with our knowledge such as for passports or driver licences, or unwittingly as in social media sites - and how it is shared and used for secondary reasons beyond the initial purpose supporting its collection.

"Australians have limited protections for the use of our personal information and those we do have under the Privacy Act have significant exemptions."

"Most of us are simply unaware of how our information is being integrated and used - either with our knowledge such as for passports or driver licences, or unwittingly as in social media sites"

While Facebook is not alone in the collection of personal information and it's potential misuse it has been the focus of the very recent privacy concerns in the digital age. Facebook have officially changed policies and founder Mark Zuckerberg has even fronted the global press answering some tough questions (with politician-like diplomacy) but it hasn't seemed to slow the #deletefacebook movement, with even massive identity Elon Musk deleting his deleting SpaceX and Tesla's pages.

Regardless of your feelings about privacy there may be more benefits to deleting your Facebook account than just protecting your private data - it could also reduce your stress levels according to a University of Queensland

research team led by Dr Eric Vanman of the School of Psychology, investigated the effects of a short break from Facebook on a person's stress and well-being.

"Taking a Facebook break for just five days reduced a person's level of the stress hormone cortisol," Dr Vanman said.

"However, while participants in our study showed an improvement in physiological stress by giving up Facebook, they also reported lower feelings of well-being.

"People said they felt more unsatisfied with their life, and were looking forward to resuming their Facebook activity."

Dr Vanman said there were a number of theories behind the mixed results.

"Abstaining from Facebook was shown to reduce a person's level of the stress hormone cortisol, but people's own ratings of their stress did not change - perhaps because they weren't aware their stress had gone down," he said.

"People experienced less well-being after those five days without Facebook - they felt less content with their lives - from the resulting social disconnection of being cut-off from their Facebook friends.

"We don't think that this is necessarily unique to Facebook, as people's stress levels will probably reduce anytime they take a break from their favourite social media platforms."

"It seems that people take a break because they're too stressed, but return to Facebook whenever they feel unhappy because they have been cut off from their friends," he said.



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QUEENSLAND YOUTH WEEK

LOCAL YOUTH GET CREATIVE QUEENSLAND YOUTH WEEK 2018

Tonight (Thursday April 12th): headspace Redcliffe will be collaborating with the YMCA's the Space at North Lakes for their Big Night Out event from 4:00pm to 6:00pm.

The theme of Queensland Youth Week 2018 is Make a Splash and this year headspace Redcliffe and the Youth Reference Group are celebrating diversity and acceptance through creativity.

Throughout the week headspace Redcliffe are recognising the diversity within the Mopreton Bay region by hosting free creative workshops for young people in the community. This will be facilitated by the Youth Reference Group members through workshops at the headspace Redcliffe centre and the Big Night Out event at the Space in North Lakes.

For tonight's Big Night Out event, 4:00pm to 8:00pm, headspace Redcliffe and the Youth Reference Group will be facilitating a Chill Out Zone to promote self-care, an interactive Photo Booth that promotes diversity and acceptance and a slime making workshop.

The Space can be found at Endeavour Blvd & Lakefield Dr, North Lakes.

SAMESKIN THEATRE WORKSHOP

New theatre workshop for people with disability

InsideOutside Theatre Company has launched

a new theatre workshops for people of all abilities. Working with talented and experienced facilitators, participants will learn new skills, create theatre and most importantly have fun.

The workshops sessions run every Tuesday at Clontarf Beach Catholic Church (main hall) from 10.30am-12pm and are followed by a BYO lunch. Workshops cost \$15 per week and run through to 5 June when there will be a sharing performance for family and friends.

The venue is fully accessible and participants are invited to bring some lunch along and enjoy relaxing with old and new friends.

For more information or to sign up please contact Angela on 0499 002 989 angela@insideoutsidetheatre.com

VISIONS - AN EXHIBITION TO EXCITE AND CHALLENGE

Visions is a curated collection of images and objects; installations, paintings, drawings, collages and ceramics to stimulate, challenge, emotionally and aesthetically, the most astute art lover and collector.

Five approaches, five views, five visions; one exhibition will be open to the public. Participating artists are Gabi Mika-McNaughton and John A Robinson from Redcliffe with Sunshine Coast artists Veronica Cay, Debra Ducrou & David Green.

The exhibition runs Wednesday to Sunday,



THEATRE WORKSHOPS FOR ABILITIES



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10am – 3pm from April 18 to May 13, 2018 at the Redcliffe Art Society's Old Fire Station Gallery, 395 Oxley Avenue, Redcliffe. The official opening is Saturday April 21 at 2 pm, all welcome, entry free. Join with the artists to celebrate this new and exciting exhibition.

NARANGBA YOUTH PLAZA & SKATE PARK OPENING THIS WEEKEND

Narangba has a new youth plaza and skate park at Harris Avenue Sports Complex and it's opening this Saturday 14 April 2018. The new skate park features bowls, elevated banks, moguls and ledges on your brand new skateboard

The park will open with Council's popular Ramp Up skateboard and scooter sessions but before the session gets under way at 9.00am MBRC will be giving away a skateboard and a scooter worth \$300 thanks to Skate Connection.

Anyone at the park for opening can put their name in the hat to win, so come along and help us celebrate!

To book your spot find Ramp Up on www.moretonbay.qld.gov.au spots have been extended at Narangba in late April, May and June.

FAREWELL TO FORMS AT TRANSPORT DEPARTMENT AND MAIN ROADS

Filling out paper forms for some transactions will soon be a thing of the past, following

the roll-out of paperless applications in Queensland Transport and Main Roads customer service centres.

Aiming to make the process faster and easier, customers with an existing smartcard, including Queensland drivers licence, marine licence and Adult Proof of Age card, will be able to complete several transactions without filling out a paper form.

The shift to paperless for certain transactions will be rolled out in stages to Queensland customers during the year with plans to further the paperless push ongoing.

Under the new process, customers are still required to bring all the necessary supporting documents to conduct their business, including identity evidence and any other materials they made need to complete a service.

To ensure the accuracy of information recorded through verbal interactions, customers will also be required to confirm the details of the transaction when they're done.

As of now you can perform these tasks without paper: renew driver licence, upgrade licence, replace driver licence, practical driving tests, re-issue licence after cancellation and change your details.

For more information about which transactions no longer require a paper form, visit www.tmr.qld.gov.au.



NARANGBA SKATE PARK OPENS THIS WEEKEND



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LOCAL BLACK SPOT TO BE UPGRADED

Improving access for Murrumba Downs/Griffin residents to the Bruce Highway



The Australian Government will prioritise a vital upgrade to the Bruce Highway, ensuring Murrumba Downs/Griffin residents have faster and more direct access to and from the Highway.

The federal government last week made a commitment to fund 80 per cent of an upgrade to the Bruce Highway at Murrumba Downs/Griffin, specifically creating direct access for motorists driving on and off the Highway.

The announcement forms part of the Turnbull Government's vision to provide better infrastructure throughout Queensland to ease the congestion local motorists face each day.

Ensuring Queenslanders spend less time travelling on roads and more time with family and friends is

a priority of the Turnbull Government which has already committed \$13.8 billion in infrastructure funding for Queensland.

The upgrade, which will be finalised between the federal and state governments, will provide local residents with the missing northbound entry and southbound exit points around the Dohles Rocks Road interchange.

Currently, access to the Bruce Highway at Dohles Rocks Road is restricted to motorists travelling southbound or exiting northbound.

The lack of access points means motorists are forced to use local roads to and from Anzac Avenue interchange creating congestion and forcing traffic to drive past school zones to access the Highway.

This prioritised project will ease congestion and mean better access to and from the Sunshine Coast and surrounding areas for the 5,000 families in and around the Murrumba Downs and Griffin areas.

The upgrade is estimated to cost up to \$150 million with the Turnbull Government to provide funding in addition to the \$530 million allocated to upgrades between Bribie Island Road and Steve Irwin Way.

The strong advocacy of local members, the Hon Peter Dutton and Luke Howarth has played a vital role in ensuring this project has been prioritised.

In a further boost for motorists travelling to and from the north of Brisbane, it is expected that the Pine River to Caloundra Road Planning Study initiated by the Federal Government will be finalised soon.

The study will identify upgrades for government consideration that benefit the almost 64,000

vehicles using the 60 kilometre long road corridor every day.

Identified upgrades will be aimed at further reducing congestion, improving travel times and boosting flood immunity on one of the busiest sections of the Bruce Highway.

The Turnbull Government remains committed to delivering its \$6.7 billion 10-year program to fix the Bruce Highway which was launched at the 2013 election.

The program includes more than \$1.5 billion towards safety upgrades that have already helped to reduce fatalities and crashes by more than 30 per cent.

The program has also helped to support 2400 jobs with a quarter of all projects currently under construction and 35 per cent having already been completed.

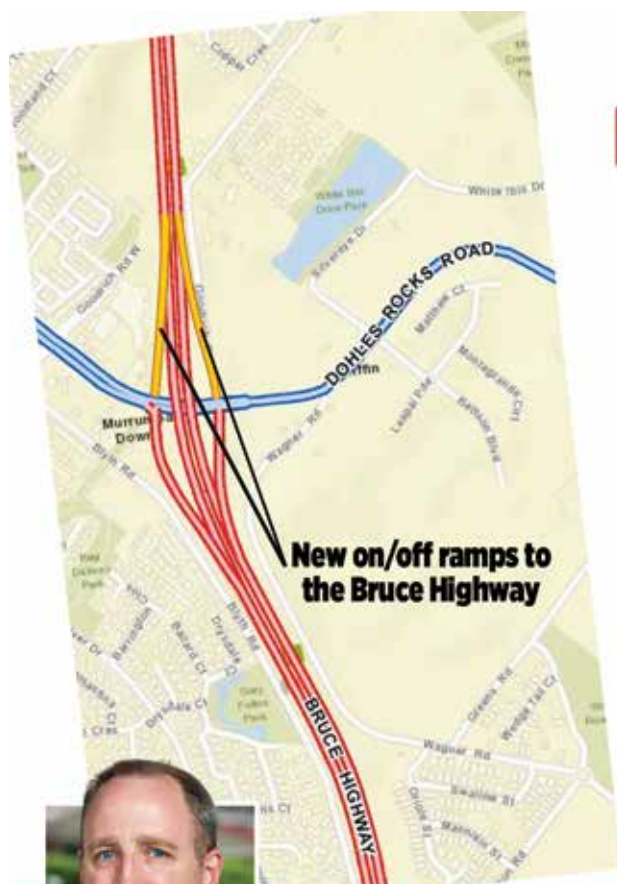
The Turnbull Government's commitment to building new and upgrading existing infrastructure will not only reduce travel times and make roads safer, it will continue to create more jobs for Queenslanders.

There were 128,700 jobs created in Queensland in the last year on the back of strong investment in the state.

A record 420,700 jobs were created in Australia in the last 12 months while the nation has experienced a record 17 consecutive months of jobs growth.

The Turnbull Government's continued investment in infrastructure will continue to drive strong jobs growth throughout the nation.

Pictured: Prime Minister Malcolm Turnbull with local federal Members Luke Howarth and Peter Dutton inspect the Griffin On and Off Ramp last week.



Less time commuting more time living!

New on/off ramps to the Bruce Highway from Dohles Rocks Road means less traffic on our local roads and congestion at the Anzac Ave, North Lakes entries/exits. After speaking with Griffin residents over the years it was evident that this was a major concern for locals. I am pleased to represent your views in Parliament and get the infrastructure built that our community needs.

Luke Howarth



LUKE HOWARTH MP
Federal Member for Petrie

40 Hornibrook Esplanade, Clontarf QLD 4019

3284 8008 @ Luke.Howarth.MP@aph.gov.au

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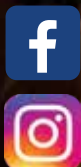
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I DON'T TRUST MY OWN JUDGMENT OF OTHER PEOPLE'S CHARACTER

Hi Leonie,

After reading your column for years and it being literally the first thing I read on a Thursday, I have decided to put a problem of my own to you.

Recently, I have found myself being very wary and distrustful of others and I actually don't trust my own judgment of people's character. I have been developing a kind of anxiety about people these last few months and I have to say that it has come on late because I am 64 years old.

My husband died almost a year ago now and since being on my own I have really noticed that people are not what they seem to be, and this now has me reluctant to make friends.

I know that I do need to get out of myself and my own head and socialise but how do you know if people are safe to make friends with. I was heavily involved in netball and there was this one family that I always admired because they seemed like such a strong family with beautiful girls and what looked like a happy marriage. I have since found out that the mother has drinking issues and she and the girls left the father and he is now living with his parents at the age of 54!

I feel so angry for being taken in by this family. Another instance is that I met what I thought was a lovely lady at the library who was interested in building family trees just like me, but she has started to ask me to lend her money. I know this all seems quite petty, but these things have only really come into my thinking lately. Another example is the lady who is in the same over 50's retirement village as me keeps asking me to drive her to her appointments and give her bus fare and I know she just goes on the bus to the club to spend it. I won't be giving her anymore as I am tight myself. Why is this all happening now and how can I get my confidence back?

Name withheld/Morayfield

Hi,

Reading your email, I feel that there are several things going on here. Firstly, as my long-deceased mother used to say, "You never really know anyone until you live with them" This is most likely the reason people stated living together before marriage, so they could get a realistic experience of what coupling for life means.

Another thing that happens is that sometimes we have our favourite movie or sports stars whom we enjoyed watching and following and they turn out to be creeps, criminals, drug users or abusers. I grew up enjoying and watching Dustin Hoffman thinking he was so sweet and gentle. In fact, I liked him so much that I named my son after him. Considering recent allegations, I may have been admiring a not very nice person. I felt the same way about Keven Spacey and we all know how that has played out. Likewise, I'm sure there are many young cricket fans who are very disillusioned about their sport and heroes right now.

So, what I'm saying is that we tend to project certain characteristics on to others and we are often very wrong.

So why are you noticing all this now? My thoughts are that it is because you are now on your own. Firstly, because when we are in a couple, we have someone else's eyes, ears, intuition and opinions in the mix and we can discuss our interpretations of others -so things we may miss, our partner may pick up on and vice versa. Secondly, some people will take advantage of a person who is on their own for their own personal gain knowing you are alone and perhaps lonely and vulnerable. This is why widowed, and single people are often targeted by internet scams called "Catfishing"

Now in terms of other people like your netball family letting you down and making you angry: I feel that you need to take a good hard look at yourself here. They are not living their life to impress you or garner your admiration. Their family and life have absolutely nothing to do with you and therefore that haven't let you down in any way shape or form. You had an idea of them in your head that they didn't put there: you did. Life is hard, people stumble, and marriages fail.

That all being said I would encourage you to continue making friends with an alert BS radar and the strength to move on when things don't seem as they should be.

As the beautiful Maya Angelou said, "When someone shows you who they are, believe them the first time" People will always show their hand, your job is to not make excuses for bad behaviour or poor character and move on quickly without guilt about doing the right thing for yourself.

Til next week, Leonie

E-mail: leonieschilling@bigpond.com

Leonie Schilling is a qualified private practitioner at *North Lakes Counselling Services*

For appointments please phone 3886 2715 or 0423 653 841

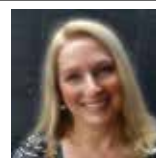
www.northlakescounsellingservices.com.au

Catch Leonie's radio show alternate Mondays at 11.00am on 99.7 Bridge FM



ABOUT LEONIE

Leonie Schilling is a qualified counsellor, Trainer and Assessor, published Author, Columnist, Radio Commentator and Justice of the Peace. Established in 2007, North Lakes Counselling Services has a long history of helping couples and individuals manage their relationships and attain their personal goals.





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Local Baton Bearers Alicia Coutts, Eric Wardle, Kayleigh Williams, Isla White, Lakeisha Patterson, Michelle Wardle and Colleen McCarthy

MARATHON QUEEN'S BATON RELAY MAKES ITS WAY THROUGH REDCLIFFE

The Queen's Baton Relay spent some quality time in Redcliffe on 30 March 2018 coinciding with Good Friday and the annual Redcliffe Festival of Sails. After 100 days being carried by approximately 3,800 batonbearers in Australia, the Queen's Baton finished its journey at the Opening Ceremony on the Gold Coast on 4 April.

Australia's sporting superstars thrilled thousands of supporters who lined the streets for a chance to see their heroes hold the Queen's Baton. Among them, local legend and Paralympic gold medallist (Swimming) Lakeisha 'Lucky' Patterson OAM and North Lakes' Kayleigh Williams.

"I'm very honoured to be nominated by the community and everyone who has been a part of this Relay journey has done amazing things in their community, so it's such an honour to be recognised," Lakeisha Patterson said.

The inspirational young athlete, who is on the GC2018 Australian swim team, acknowledged the strides currently taken in sport towards inclusion, in particular GC2018, which in five days' time will host the largest integrated Para-Sport program in Commonwealth Games history.

"Inclusion is going in the right direction. I think we'll have massive, massive crowds. Competing for your country in front of your country, it's really quite special. It's going to be a great Games."

Commonwealth Games and Olympic gold medallist Alicia Coutts OAM said she was overwhelmed by the experience.

"It's very exciting to have the Queen's Baton in Brisbane and the crowds are fantastic! It wasn't until I jumped off the [Batonbearer] bus that it sunk in how much of an honour it is to be part of it [the Relay] today," she said.

Coutts rose to fame for the Delhi 2010 Commonwealth with a five gold-medal haul.

"The Commonwealth Games are very special to me as they were a big part of my life during my swimming career."

The Gold Coast 2018 Commonwealth Games finishes Sunday 15 April. As we went to press was Australia leading the medal tally (and we don't expect that to change), followed by England and Canada.



Michelle Wardle



Colleen McCarthy



Isla White and Alicia Coutts



Eric Wardle



Lakeisha 'Lucky' Patterson OAM greets the crowd at Redcliffe



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COUNTDOWN TO COUNTDOWN RELOADED

North Lakes to relive the '70s & '80s with Countdown Reloaded

Celebrate one of the greatest times in Australian music television history "Countdown" with the free Countdown Reloaded tribute show at North Lakes Sports Club on Saturday 21st April.

General Manager Chris Sartori said the club was excited to welcome the Countdown Reloaded tribute show to the club for the first time.

"Countdown was one of the biggest music television shows in Australian history. We all remember watching our favourite artists jam out on the telly and Countdown Reloaded brings all those memories flooding back," Mr Sartori said.

"The show will bring to life hit songs from artists such as Stevie Nicks, Van Halen, TOTO, Blondie, INXS, Noiseworks and Cold Chisel.

"With four talented musician and three incredible singers, Countdown Reloaded



really transports you back to the 70's & 80's. The band brings an amazing light show with on stage media that projects photos of all your favourite artists that appeared on Countdown."

Make a night of it an purchase reserved seating & dinner tickets for just \$45 per person. Tickets include a two course buffet dinner, reserved seating, drink on arrival & pre-show entertainment. Book

online or at the Club.

For a truly nostalgic music journey, look no further than Countdown Reloaded in a fantastic free show on Saturday 21st April from 8.30pm at North Lakes Sports Club.

For more information call the Club on 1300 006 572 or visit www.northlakesports.com.au

APRIL & MAY MEAL DEALS!



MONDAY NIGHTS

BARRA MONDAY

Grilled barramundi served with beer battered chips, salad and choices of garlic cream, butter or chilli lime sauce

\$14.90 members
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TUESDAY NIGHTS

WINE & DINE

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April & May Special...

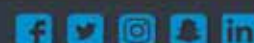
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Hi everyone,

The 15th March 2018 marked the 10th anniversary of the Moreton Bay Region.

A decade on, our region has been named Queensland's Strongest Economy and one of the state's fastest growing areas. This year, our region's population surpassed 438,000 and is on track to be greater than the current population of Tasmania by 2031 with major residential developments including Capestone at Mango Hill, Burpengary's North Harbour and the earmarked Caboolture West.

Today, Moreton Bay boasts a Gross Regional Product valued at \$12.92 billion and is home to more than 25,000 businesses.

Since 2008 a number of major projects have been delivered including the \$988 million Redcliffe Peninsula Line, the \$26 million Caboolture Hub and Town Square, \$14 million Moreton Bay Central Sports Complex and the \$45 million Corso at North Lakes. If the first 10 years is anything to go by, Moreton Bay has a bright future ahead.

Report It

Did you know you can report a range of maintenance issues from missed bin collections to parks, road and facility requests online or by downloading the free MBRC Request app from Google Play or the App Store.



JULIE GREER

**COUNCILLOR FOR DIVISION 4
MORETON BAY REGIONAL COUNCIL**

P O BOX 159 CABOOLTURE QLD 4510

COUNCIL : 3205 0555

OFFICE : 3480 6705

MOBILE: 0409 274 517

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COUNCIL NEWS WITH JULIE GREER

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Dog Owner Responsibilities

Please be considerate of others when walking or exercising your dog and remember that owners are responsible for the actions and behaviour of their dogs at all times. When walking your dog, be prepared to pick up after your pet. Council provides a network of dog tidy bags and disposal bins.

Dog leash requirements

Dogs must be leashed at all times outside your property, except when in designated off-leash areas. Fines apply.

Designated on and off leash areas

Dogs are prohibited from conservation parks, reserves and foreshores unless designated as a dog exercise area. This includes Dohles Rocks foreshore at Griffin. The following areas in Division 4 are designated for exercising dogs on and off a leash, provided they are kept under strict control:

- North Lakes - Woodside Playing Fields (Gardenia Parade) and Aurora Boulevard Park
- Griffin Ultramarine Parade Park
- Mango Hill - Sunstone Circuit Park

My next visit to the North Lakes Library will be on Wednesday 2 May from 10am - 11am. Come along if you have any Council issues you would like to discuss with me.

If I can assist any resident further with any matters please call me.

UPCOMING EVENTS

North Lakes Teddy Bear's Picnic

Thursday 19 April - 9am - 12 noon

Aurora Boulevard Park,
Aurora Boulevard North
Lakes

Grab your favourite teddy for a FREE fun morning out at the Teddy Bears' Picnic. There will be plenty to keep your little ones entertained including stage shows, rides, face painting, kids activities, an animal farm and a teddy bear parade as well as plenty of food and market stalls to enjoy.

Remember to pack a picnic, your favourite Teddy Bear and a picnic rug to join in the day the Moreton Bay Region Teddy Bears' have their picnic.

The Moreton Bay Region has many events and activities on offer, for a variety of ages.

Visit www.moretonbay.qld.gov.au to start exploring the Moreton Bay Region.

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UNDERSTANDING CANCER

BY DR ANITA GREEN

Most of us have been touched by cancer in some way – whether it's through a friend, work colleague, family member or personally.

One in two Queenslanders will be diagnosed with cancer in their lifetime. That's around 27,000 people receiving the news that they have cancer this year.

Cancer affects people from all walks of life, in every location, at any age. An estimated 14.1 million new cases of cancer are diagnosed around the world annually, excluding non-melanoma skin cancers.

Cancer is a disease that can be distressing and confusing for those affected, and is often difficult to comprehend.

Firstly, there are more than 100 types of cancer that can affect the human body including common forms like breast, bowel and lung cancer – and less common forms like uterine, blood or stomach cancer.

So what exactly is cancer and how can it occur?

Cancer is defined as a disease caused by an uncontrolled division of abnormal cells.

Normally cells grow and multiply in a controlled way, however, if something causes a mistake to occur in the cells' genetic blueprints, this control can be lost.

Normal cells multiply and die in an orderly way.

Sometimes however, cells don't grow, they divide and die in an usual way. Cancer can start when cells in a certain part of the body start multiplying and growing out of control.

These cells may cause blood or lymph fluid in the body to become abnormal, or a lump, called a tumour, to form. Not all tumours are cancerous and harmful though.

WHAT EXACTLY IS CANCER AND HOW CAN IT OCCUR?

If these cells do not spread beyond the immediate area, they are said to be benign and not cancerous. If these cells spread into surrounding areas, or to different parts of the body, they are known as malignant – commonly referred to as cancer.

People are either diagnosed with a primary cancer, the origin of the abnormal cells, or a secondary cancer, the place in the body where the cells have travelled to.

More research is needed to determine the root cause of many cancers and at Cancer Council we're continually investing in potentially lifesaving medical and scientific investigations.

We've all heard myths about what causes cancer, from standing too close to the microwave, to drinking too many cups of coffee. But many of these things are just that – myths.

What we do know is fact – there are a number of chemical, physical and biological agents that have been shown to trigger some mistakes in

the cells' blueprint that can cause cancer.

These are called carcinogens and include tobacco, ultraviolet radiation, and asbestos. Behavioural and lifestyle risk factors include an unhealthy diet, a sedentary lifestyle, overweight and obesity, and risky alcohol consumption.

Up to one third of all cases are preventable, so it's vital to lead a healthy lifestyle to ensure you reduce your risk of the disease.

It's also important to get to know your body. Know what feels normal and what doesn't. Early detection saves lives. If you notice any changes, such as a lump in your breast or a spot growing on your skin, make sure you book an appointment with a trusted GP.

We know that when you or a loved one is diagnosed with cancer, questions arise and sometimes it's hard to find trusted answers. At Cancer Council Queensland there is team of trained clinical professionals available to answer all questions, about all cancers.

Those in need of cancer-related support can call Cancer Council's 13 11 20 from Monday to Friday between 9am and 5pm.

ABOUT DR ANITA

DR ANITA GREEN IS ON THE CANCER COUNCIL QUEENSLAND BOARD OF COUNCILLORS AND CHAIR OF THE MEDICAL AND SCIENCE COMMITTEE. SHE IS ALSO THE BOARD CHAIR OF BRISBANE NORTH PHN AND HAS OVER 30 YEARS' EXPERIENCE AS A GENERAL PRACTITIONER. SHE HAS A LONG-TERM COMMITMENT TO THE EDUCATION OF MEDICAL AND ALLIED HEALTH PROFESSIONALS AND IS INVOLVED IN TEACHER AND RESEARCH FOR THE UNIVERSITY OF QUEENSLAND. DR GREEN HAS ALSO BEEN APPOINTED AS THE CHIEF MEDICAL OFFICER FOR THE 2018 COMMONWEALTH GAMES ON THE GOLD COAST.





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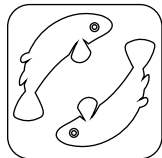




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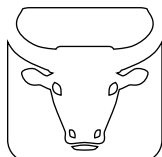
Aquarius Jan 21-Feb 19: You may be trying too hard to live up to a past example. Nostalgia can exaggerate many things. Have more confidence in your future vision.



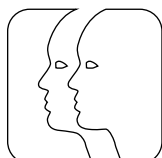
Pisces Feb 20- March 20: Things have to finish playing out before you can make a fresh start. Although frustrated about being sidelined, you'll soon see an opening.



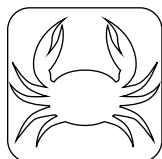
Aries March 21-April 20: It's time to set goals high because right now nothing is impossible.



Taurus April 21- May 21: Get ready to change the things your dissatisfied with. Your expectations have been raised.



Gemini May 22-June 21: You're never too busy to put out feelers. Even if you already have a full platter, you always want to make room for something better.



Cancer June 22-July 23: Expect to be challenged on just about every move you make for a few months. This strengthens rather than undermines your determination.



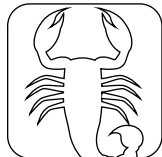
Leo July 24-Aug 23: People come to you with problems and confidences, but they don't need you to solve anything. What they want is moral support. Give generously.



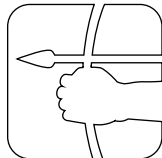
Virgo Aug 24-Sept 23: Its days like today that test the bonds of your relationship. But remember that that special person in your life isn't just any relationship.



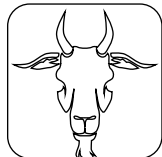
Libra Sept 24-Oct 23: You feel ready to break out on your own, but you still have more to learn from a certain association. Don't rush a process that promises so much.



Scorpio Oct 25-Nov 22: You're afraid that any sign of weakness now will trigger a feeding frenzy, but owning up to your mistake shows grit and is clearly the way to go.



Sagittarius Nov 23-Dec 21: An investment shows signs of life, but don't be in a hurry to do something entrepreneurial with it. Leave it alone and see what comes.



Capricorn Dec 22-Jan 20: Get ready to accomplish more in the next few weeks than you have in the past year. Reap the benefits!



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NINE

6.00 GMA. **7.00** Weekend Today. **10.00** Today Extra: Saturday. (PG) **12.00** Kevin Can Wait. (PG) **12.30** Destination WA. **1.00** Rugby League. Intrust Super Cup. Round 6. Northern Pride v Easts Tigers. **3.00** Wild New Zealand. **4.00** Garden Gurus. **4.30** Getaway. (PG) **5.00** News. **5.30** Icons. **6.00** Nine News. **7.00** Movie: Just Go With It. (PG) (2011) Adam Sandler, Jennifer Aniston. **9.15** Movie: That's My Boy. (MA15+) (2012) Adam Sandler, Andy Samberg, Leighton Meester. A man's estranged father reappears. **11.30** Movie: The Way Back. (M) (2010) Jim Sturgess. **2.00** TV Shop. **2.30** Westside. (MA15+) **3.30** Westside. (MA15+) **4.30** Global Shop. **5.00** TV Shop. **5.30** Wesley Impact.

GO!

6.00 Children's Programs. **1.00** Beyblade Burst Evolution. **1.30** Power Rangers Super Ninja Steel. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Over The Garden Wall. (PG) **3.00** Gumball. (PG) **3.30** Ben 10. (PG) **4.00** Teen Titans. (PG) **4.30** Steven Universe. (PG) **5.00** Movie: Just My Luck. (PG) (2006) **7.00** Movie: School Of Rock. (PG) (2003) **9.20** Movie: Step Up 2: The Streets. (PG) (2008) **11.30** Balls Of Steel Australia. (MA15+) **12.00** Adult Swim. (MA15+) **12.30** Superjail! (MA15+) **1.00** Total Divas. (M) **2.00** Britain's Got Talent Best And Worst. (PG) **3.00** Power Rangers Super Ninja Steel. (PG) **3.30** Kate And Mim-Mim. **4.00** Yu-Gi-Oh! (PG) **4.30** We Bare Bears. (PG) **4.50** Wild Kratts. **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 NBC Today. **7.00** Weekend Sunrise. **9.00** Commonwealth Games. Gold Coast 2018. Day 10. **6.00** Seven News. **7.00** Commonwealth Games. Gold Coast 2018. Evening 10. Events include: women's basketball gold medal match, men's hockey gold medal match and diving finals. **12.00** Commonwealth Games. Gold Coast 2018. Day 10. Highlights. **3.00** Shopping. **4.00** Sons And Daughters. (PG) Andy inadvertently tightens the web of suspicion around Craig being Ruby's murderer. **4.30** Sons And Daughters. (PG) Craig is lulled into a false sense of security. **5.00** The Great Outdoors. Jennifer takes a gourmet tour of the spectacular Greek island Lesbos with a special guest.

7TWO

6.00 Shopping. **7.00** Million Dollar Minute. Three contestants go head-to-head in a test of brain power. **7.30** Commonwealth Games. Gold Coast 2018. Day 10. **12.00** Horse Racing. The Championships. Day 2. **5.30** Commonwealth Games. Gold Coast 2018. Evening 10. Events include: netball semi-finals, women's basketball bronze medal match, and men's and women's rugby sevens. **10.30** Commonwealth Games. Gold Coast 2018. Day 10. Highlights. **12.00** Million Dollar Minute. Hosted by Simon Reeve. **1.00** Harry's Practice. **1.30** Travel Oz. (PG) **3.00** Rhythm Of Life: 24 Hours On A Coral Reef. **4.00** Million Dollar Minute. **5.00** Vasilis Garden. **5.30** Harry's Practice.

TEN

6.00 I Fish. **7.00** RPM. **8.00** Family Feud. **8.30** GCBC. **9.00** Everyday Gourmet. **9.30** St10. (PG) **12.00** The Living Room. **1.00** A Taste Of Travel. **1.30** Places We Go. **2.00** Life Inside The Markets. (PG) **2.30** Travels With The Bondi Vet. **3.00** Pooches At Play. **3.30** Cook's Pantry. **4.00** What's Up Down Under. Return. **4.30** Escape Fishing. **5.00** News. **6.00** David Attenborough's Natural Curiosities. Presented by Sir David Attenborough. **6.30** Bondi Rescue. (PG) Trainee Lachie finds out his fate. **7.00** Bondi Rescue. (PG) The lifeguards are in need of saving. **7.30** To Be Advised. **8.30** To Be Advised. **9.30** To Be Advised. **10.30** To Be Advised. **11.30** To Be Advised. **12.30** Shopping. **4.30** The Table. **5.00** Hour Of Power.

ONE

6.00 Shopping. **8.00** Cheers. **9.00** Get Smart. **10.00** Star Trek: Voyager. **11.00** Diagnosis Murder. **1.00** Motor Racing. Super2 Championship. Round 2. Highlights. **2.00** Motor Racing. Supercars Championship. Round 2. Tasmania Supersprint. Touring Car Masters. **3.00** The Offroad Adventure Show. **4.00** The Doctors. **5.00** Operation Repo. **5.30** Hogan's Heroes. **6.00** Scorpion. **7.00** Football: Just For Kicks. **7.40** Soccer. A-League. Round 27. Central Coast Mariners v Newcastle Jets. **10.00** CSI: NY. **11.50** VF Confidential. **12.50** Whacked Out Sports. **1.00** RPM. **1.30** Motorcycle Racing. MotoGP. Race 2. Argentine Grand Prix. Replay. **3.00** Operation Repo. **3.30** Monster Jam. **5.30** Whacked Out Sports.

ABC

6.00 Rage. (PG) **10.00** Rage. (PG) **11.00** Think Tank. (PG) **12.00** ABC News At Noon. **12.30** Miss Fisher's Murder Mysteries. (M) Final. **1.20** Inspector George Gently. (M) **3.00** The Big Blue. **4.00** Landline. **4.30** Jillaroo School. (PG) **5.00** Antiques Roadshow. **6.00** Compass. **6.30** Back Roads. (PG) **7.00** ABC News. **7.30** Father Brown. (PG) **8.15** The Good Karma Hospital. (M) **9.05** Prime Suspect 1973. (M) **9.55** The Level. (M) **10.40** Wentworth. (MA15+) **11.30** Rage. (MA15+) **5.00** Rage. (PG)

ABC COM

6.00 Children's Programs. **4.40** Peg + Cat. **5.00** Luo Bao Bei. **5.10** Teacup Travels. **5.25** Kazoops! **5.30** Peppa Pig. **5.40** Noddy Toyland Detective. **5.55** The Hive. **6.00** Octonauts. **6.15** Peter Rabbit. **6.25** Floogals. **6.40** Play School. **6.45** Play School's Story Time. **6.55** Andy's Baby Animals. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Would I Lie To You? **8.30** Live At The Apollo. (M) **9.15** Comedy Next Gen. (MA15+) **10.10** Comedy Up Late. (M) **10.45** Fiona O'Loughlin's Greatest Hits. (M) **12.05** Inside Amy Schumer. (MA15+) **12.30** An Idiot Abroad. (M) **1.15** Live At The Apollo. (M) **2.05** News Update. **2.10** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** Small Business Secrets. **2.30** Figure Skating. ISU World Championships. Men's. **4.30** Million Dollar American Princesses. (PG) **5.30** Supernet. (PG) **6.30** News. **7.30** Dunkirk: The New Evidence. (M) **8.30** Inside Obama's White House. (M) **9.30** Inside Obama's White House. (M) **10.30** Inside Obama's White House. **11.30** Soccer. EPL. Crystal Palace v Brighton. **2.15** Inside Obama's White House. (PG) **3.15** Adam Looking For Eve. (MA15+) **4.05** Frisky Business. (MA15+) **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **9.30** Serbian News. **10.00** Dutch News. **10.30** Hungarian News. **11.00** NHK Japanese News. **11.35** Hindi News. **12.00** Insight. **1.00** Front Up. (PG) **1.35** Balls Deep. (PG) **2.25** It's Suppertime! (PG) **2.50** VICE. (PG) **3.20** VICE. (PG) **3.55** The Last Lesbian Bars. (PG) **4.20** Flight 920. (PG) **5.10** MythBusters. (PG) **6.10** MythBusters. **7.10** Chinese Dating With The Parents. (PG) **8.30** Movie: 99 Homes. (2014) **10.35** Movie: Eureka. (1983) **1.00** The Movie Show. **1.30** The Movie Show. **2.00** Wolf Of The West End. (MA15+) **2.25** France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.00pm Storks (2016) Animated. Andy Samberg, Jennifer Aniston. (G) Family
8.30pm Spider-Man: Homecoming (2017) Action. Tom Holland, Michael Keaton. (M) Action

GENERAL

5.00pm The Fosters. (M) FOX8
7.30pm Saturday Night Live. (M) Comedy Channel
10.30pm Sleepy Hollow. (M) FOX8

DOCUMENTARY

7.30pm Beauty Queen Murders. (M) TLC
7.30pm Australia's Hidden Islands. National Geographic Wild
7.30pm Miracle Hospital. (M) National Geographic

SPORT

4.30pm Football. AFL. Round 4. Western Bulldogs v Sydney. Fox Footy
5.30pm Rugby Union. Super Rugby. Round 9. Highlanders v Brumbies. Fox Sports 505
5.30pm Rugby League. NRL. Round 6. North Queensland Cowboys v Canterbury Bulldogs. Fox League

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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TEDDY BEARS PICNIC (RESCHEDULED)

Date: 19 April 2018, 9.00am - 12.00noon

Location: Aurora Boulevard Park - 22 Aurora Boulevard, North Lakes

Cost: FREE

Due to recent wet weather, this planned North Lakes Teddy Bears' Picnic was postponed to 19 April 2018.

Grab your favourite teddy for a special Easter themed Teddy Bears' Picnic on Thursday 19 April at Aurora Boulevard Park, North Lakes.

Running from 9.00am to 12.00noon, there will be plenty to keep your little ones entertained including stage shows, face painting, kid's activities, an animal farm, teddy bear parade as well as a special appearance by the Easter Bunny.

Remember to pack your favourite Teddy Bear and a picnic rug to join in the day the Moreton Bay Region Teddy Bears' have their picnic.

North Lakes Teddy Bears' Picnic is a free event proudly presented by Moreton Bay Regional Council and proudly supported by Councillor Julie Greer.

19 APR

BRISBANE STREET ART FESTIVAL 2018

Date: Until Sunday 15 April

Location: Various, see website

Cost: FREE

Street artists from near and afar are currently transforming walls into canvases all over Brisbane.

For its third outing more than 50 Australian and international artists are creating 50 large scale murals in South Brisbane, Spring Hill, Fortitude Valley, Paddington, Annerley and Brisbane's CBD - double the number of murals created in 2017.

Notable works will transform Fish Lane, a Telstra Exchange Building, Ric's Bar and Brisbane Powerhouse thanks to spaces provided by partners ARIA Property Group, Brisbane City Council (BCC), Brisbane Powerhouse, Ric's and Telstra.

For BSAF 2018, festival organisers have curated street art masters from Malaysia, Indonesia, Hong Kong, England, Colombia and Mexico to join leading Australian artists such as Sofles, Gus Eagleton, Fuzeillear, Emmanuel Moore, The Brightsiders, Sindy Sinn, Shida and Sirmano, many who hail from Brisbane.

For more information and live viewing visit www.bsafest.com.au/

UNTIL
APR 14

WAVE FESTIVAL

Date: 20-21 April 2018

Location: Brisbane Powerhouse Newfarm Park

Hip Hop, electronic, poetry and new music - Queensland Symphony Orchestra has announced a two-day music festival of collaborations with some of the coolest artists in the country. WAVE Festival 2018 will take place on Friday 20 and Saturday 21 April at the Brisbane Powerhouse, featuring incredible performances with The Kite String Tangle, Horrorshow and more.

The cutting-edge music program will shine the spotlight on contemporary music and Australian composers and music makers. The line-up of stars reads like Music's Most Wanted - Australia's favourite electronic producer and Brisbane local Danny Harley, better known as The Kite String Tangle, highly acclaimed and much loved Hip Hop duo Horrorshow, poet Luka Lesson, composer Heather Shannon (The Jezabels), composer Gordon Hamilton and conductor Sarah-Grace Williams showcase musical collaborations with Queensland Symphony Orchestra. Tickets via www.qso.com.au

APR 20-21

INTERNATIONAL CAKE SHOW

Date: Friday 18th May to Sunday 20th May, 2018

Location: Brisbane Showgrounds Exhibition Building, Upper Level Gregory Terrace, Bowen Hills

Cost: Early Bird Online Booking \$24 per day

The world's best cake artists are coming to town when Brisbane hosts the International Cake Show Australia in May. The International Cake Show Australia (ICSA) will be held at Brisbane Showgrounds Exhibition Building in Bowen Hills from Friday 18th May to Sunday 20th May in 2018. Thousands of edible artists, cake decorators, cake bosses, professional pastry chefs, bakers, chocolatiers, home hobbyist decorators and food personalities from across the globe will converge on Brisbane to battle it out in 22 categories across the three days, with the general public invited to view and take part in a full program of masterclasses, activations, entertainment and more.

In addition to the spectacular competition and general public programs, there is an exhibition and pop up shops where associated food and product manufacturers, distributors, wholesalers, food and product service agents and retailers will display the very latest in decorating and all that is sweet. International Cake Show Australia is hosted by the Australian Cake Artists and Decorators Association.

For more info and tickets visit www.acada.com.au

MAY
18-20

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NINE

6.00 Good Morning America: Saturday. **7.00** Weekend Today. **10.00** Sports Sunday. (PG) **11.00** NRL Sunday Footy Show. (PG) **1.30** Australian Boardriders Battle. **2.00** Surfing Australia TV. **2.30** Global Shop. **3.00** The Baron. (PG) **4.00** Good Morning America: Sunday. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **1.00** Beyblade Burst Evolution. **1.30** Steven Universe. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Yo-Kai. (PG) **3.00** Gumball. (PG) **3.30** Teen Titans. (PG) **4.00** Be Cool, Scooby-Doo! (PG) **4.30** Power Rangers Super Ninja Steel. (PG) **5.00** Ben 10. (PG) **5.30** Batman. (PG) **6.00** Big Bang. (PG) **7.30** Young Sheldon. (PG) **8.30** Movie: Anchoorman: The Legend Of Ron Burgundy. (M) (2004) **10.30** Big Bang. (PG) **12.00** Adult Swim. (MA15+) **12.30** Superjail! (MA15+) **1.00** Tattoo Fixers. (MA15+) **2.00** Most Terrifying Places In America. (MA15+) **3.00** Yo-Kai. (PG) **3.30** Kate And Mim-Mim. **4.00** Yu-Gi-Oh! (PG) **4.30** We Bare Bears. (PG) **4.50** Wild Kratts. **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 NBC Today. **7.00** Weekend Sunrise. **9.00** Commonwealth Games: Gold Coast 2018. Day 11. **4.00** Commonwealth Games: Gold Coast 2018. Day 11. Highlights. **6.00** News. **7.00** My Kitchen Rules. (PG) Hosted by Pete Evans and Manu Feildel. **8.15** Commonwealth Games: Closing Ceremony. Coverage of the Closing Ceremony of the XXI Commonwealth Games from Carrara Stadium, Queensland. **10.30** Commonwealth Games: Gold Coast 2018. Highlights. **11.30** Blindspot. (M) **12.30** Grandfathered. (PG) **1.00** Grandfathered. (PG) Jimmy hires Gerald at his restaurant. **1.30** Harry's Practice. **2.00** Shopping. **3.30** Harry's Practice. **4.00** NBC Press. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Commonwealth Games: Gold Coast 2018. Day 11. **3.00** Commonwealth Games: Gold Coast 2018. Day 11. Highlights. **6.00** Mighty Ships. (PG) **7.00** Motorway Patrol. (PG) Paul contends with a rapid series of crashes. **7.30** Border Security: Int. (PG) **8.30** Border Security. (PG) Authorities suspect an American couple may be trying to smuggle drugs into Australia. **9.30** Gold Coast Medical. (M) Charts the challenges and triumphs of medical professionals working on the Gold Coast. **10.30** Border Security: Int. (PG) A woman is suspected of being a drug courier. **11.30** Border Security. (PG) **12.30** Psychic TV. (M) **3.30** Room For Improvement. **4.00** Million Dollar Minute. **5.00** Vasil's Garden.

TEN

6.00 Mass. **6.30** Hillsong. **7.00** Joseph Prince. **7.30** Joel Osteen. **8.00** GCBC. **8.30** Everyday Gourmet. **9.00** Australia By Design: Innovation. **9.30** St10. (PG) **12.00** Photo No. 6. **1.00** Comfort Food. **2.00** Bondi Vet. (PG) **3.00** To Be Advised. **4.00** RPM. **5.00** News. **6.00** Family Feud. **6.30** The Sunday Project. **7.30** Bachelor In Paradise. A keen bachelor gets the opportunity to take the woman of his dreams on a date sandboarding. **9.00** NCIS. (M) Gibbs is granted protective custody of a 10-year-old orphaned refugee who has been targeted by a gang. **10.00** SEAL Team. (M) Stella weighs up Clay's marriage proposal. **11.00** The Sunday Project. **12.00** 48 Hours. (M) **1.00** Shopping. **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Rugby Union. Super Rugby. Round 9. NSW Waratahs v Queensland Reds. Replay. **10.00** Operation Repo. (PG) **10.30** Escape Fishing With ET. **11.00** Life Inside The Markets. (PG) **11.30** Whacked Out Sports. (PG) **11.40** Wonders Of Life. **1.00** Pat Callinan's 4x4 Adventures. **2.00** Cruise Mode. **3.00** The Doctors. (PG) **4.00** Places We Go. **4.30** Pooches At Play. **5.00** What's Up Down Under. **5.30** iFish. **6.00** Bondi Rescue. (PG) **6.30** Scorpion. (PG) **7.30** NCIS: Los Angeles. (M) **8.30** Car Crash Britain. (M) **10.30** CSI: NY. (M) **11.30** 48 Hours. (M) **12.30** Highlander. (M) **1.30** RPM. **2.30** Car Crash Britain. (M) **3.30** Operation Repo. (PG) **4.30** Highlander. (M) **5.30** Whacked Out Sports. (PG)

ABC

6.00 Rage. (PG) **7.00** Weekend Breakfast. **9.00** Insiders. **10.00** Offsiders. **10.30** The World This Week. **11.00** Compass. **11.30** Songs Of Praise. **12.00** ABC News At Noon. **12.30** Landline. **1.30** Gardening Australia. **2.30** Ask The Doctor. (PG) **3.00** Antiques Roadshow. **4.00** The Mix. **4.25** The New Legends Of Monkey. (PG) **4.50** Griff's Great Britain. (PG) **5.15** Father Brown. (PG) **6.00** The Checkout. (PG) **6.30** Hard Quiz. (PG) **7.00** ABC News Sunday. **7.40** Grand Designs. **8.30** Midsomer Murders. (M) Final. **10.00** Would I Lie To You? (PG) **10.30** Harrow. (M) **11.25** Silent Witness. (M) **12.25** Doctor Who. (PG) **1.10** Rage. (MA15+) **4.00** Antiques Roadshow. **5.00** Insiders.

ABC COM

6.00 Children's Programs. **5.25** Kazoops! **5.30** Peppa Pig. **5.40** Noddy Toyland Detective. **5.55** The Hive. **6.00** Octonauts. **6.15** Peter Rabbit. **6.25** Floogals. **6.40** Play School. **6.45** Play School's Story Time. **6.55** Andy's Baby Animals. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Would I Lie To You? (PG) **8.30** Melbourne International Comedy Festival: The Great Debate. **10.00** Alan Davies: As Yet Untitled. (MA15+) **10.45** Adam Hills: The Last Leg. (M) **11.30** Upstart Crow. (PG) **12.00** Plebs. (M) **12.25** IdiotSitter. (M) **12.50** Would I Lie To You? (PG) **1.20** Dirty Laundry. (M) **2.05** News Update. **3.00** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **7.00** Small Business Secrets. **7.30** WorldWatch. **9.30** Soccer. EPL. Crystal Palace v Brighton. Replay. **12.00** WorldWatch. **1.00** Speedweek. **3.00** Cycling. UCI World Tour. Paris-Roubaix. Highlights. **4.00** Football's Greatest Stage. **4.30** FIFA 2018 World Cup: Road To Russia. **5.00** Small Business Secrets. **5.30** Hitler's People. (PG) **6.30** News. **7.30** Egypt's Sun King: The Mystery Tombs. **8.30** Sherpa: Trouble On Everest. **10.20** The Loving Story. **11.45** Homme Less. (M) **12.55** Exodus: Our Journey To Europe. (PG) **2.00** Exodus: Our Journey To Europe. (M) **3.10** Exodus: Our Journey To Europe. (M) **4.15** Food Lover's Guide. **4.50** UK Bitesize. **5.00** WorldWatch.

SBS VLND

6.00 WorldWatch. **9.00** PopAsia TV. (PG) **10.00** WorldWatch. **12.00** Insight. **1.00** The Business Of Life. **1.25** 10,000 BC. (PG) **2.15** The Pizza Show. (PG) **2.40** Abandoned. (PG) **3.30** Most Expensive. (PG) **3.55** Most Expensive. (PG) **4.20** News. **4.45** Toxic Garbage Island. (PG) **5.55** The Therapist. (PG) **6.20** Vs Arashi. (PG) **7.15** If You Are The One. **8.30** 24 Hours In Police Custody. **9.25** Murder, Mayhem And Meditation. **10.20** Fashionista. (PG) **10.30** Cycling. UCI World Tour. Amstel Gold Race. **1.30** Adam Looking For Eve (Finland) (MA15+) **2.20** France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.25pm Blended (2014) Comedy. Adam Sandler, Drew Barrymore. (M) **Romance** **6.30pm The Secret Life Of Walter Mitty** (2013) Drama. Ben Stiller, Kristen Wiig. (PG) **Masterpiece**

GENERAL

6.30pm Jane The Virgin. (PG) **FOX8** **6.40pm Grey's Anatomy**. (MA15+) **Showcase** **7.30pm Tonight At The London Palladium**. **UKTV**

DOCUMENTARY

6.30pm A Place In The Sun: Home Or Away. (PG) **Lifestyle Home** **7.30pm Crimes That Shook Australia**. (M) **Crime & Investigation** **8.30pm Food Unwrapped: Best Of Specials**. (PG) **Lifestyle Food**

SPORT

10.00am Basketball. NBA Playoffs. First round. Game 1. **ESPN** **1.00pm Football**. AFL. Round 4. Essendon v Port Adelaide. **Fox Footy** **2.05pm Rugby League**. NRL. Round 6. Penrith Panthers v Gold Coast Titans. **Fox League**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

1504



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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** The Voice. **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** The Voice. **9.00** Lip Sync Battle. Return. **10.00** 100% Footy. (M) **11.00** CSI: Crime Scene Investigation. (MA15+) **12.00** The Bible. (M) **1.00** Postcards. (PG) **1.30** TV Shop: Home Shopping. **2.00** Extra. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Britain's Got Talent Best And Worst. (PG) **12.00** Auction Hunters. (PG) **1.00** Dawson's Creek. (PG) **2.00** Children's Programs. **3.00** Pokémon. **3.30** Ninjago. (PG) **4.00** Kids' WB. (PG) **4.05** Teen Titans. (PG) **4.30** Ben 10. (PG) **5.00** Steven Universe. (PG) **5.30** Adv Time. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **8.30** Movie: Wedding Crashers. (M) (2005) **11.00** Big Bang. (PG) **12.00** Meet The Hackers. (M) **12.30** Friends. (PG) **1.30** Steven Universe. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Pokémon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst Evolution. **4.00** Teen Titans. (PG) **4.30** Adv Time. (PG) **4.50** Power Rangers Ninja Steel. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Commonwealth Games: Closing Ceremony. **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) Colby grows closer to Jasmine. **7.30** My Kitchen Rules. (PG) With an elimination looming, the teams tackle the super dinner parties stage of the competition. **9.00** The Good Doctor. (M) Final. Shaun's distraction during a surgical procedure may end up risking more than just his job. **10.00** The School Of Stammers. (PG) Six people strive to control their stammer. **11.30** The Blacklist. (M) **12.30** Talking Footy. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Get Art. **7.30** Hairy Legs. **8.00** Jay's Jungle. **8.30** Million Dollar Minute. **9.30** Auction Squad. **10.30** Mighty Ships. (PG) **11.30** Room For Improvement. **12.00** NBC Today. **1.00** NBC Press. **2.00** Million Dollar Minute. **3.00** To Be Advised. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Rosemary & Thyme. (PG) **8.30** Lewis. (M) A body is found beneath a car. **10.30** Blue Murder. (M) **11.30** Bargain Hunt. (PG) **12.30** Harry's Practice. **1.00** Auction Squad. **2.00** Outrageous. (M) **3.00** Escape To The Country. **4.00** Million Dollar Minute. **5.00** Animal Rescue. **5.30** Medical Emergency. (PG)

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** To Be Advised. **2.30** Neighbours. **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. Hosted by Grant Denyer. **6.30** The Project. A look at the day's news. **7.30** Bachelor In Paradise. Tensions heat up between two bachelorettes as they battle for the affections of the same man. **9.00** Law & Order: S.V.U. The team must break through military red tape when a soldier is suspected of sexual assault. **10.00** Law & Order: S.V.U. (M) A teenage girl is found dead. **11.00** The Project. **12.00** Stephen Colbert. (PG) **1.00** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** RPM. **9.00** iFish. **9.30** A Taste Of Travel. (PG) **10.00** The 48 Hour Destination. **10.30** Bondi Rescue. (PG) **11.00** Cheers. (PG) **12.00** Get Smart. (PG) **1.00** The Doctors. (PG) **2.00** Star Trek. (PG) **3.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** Attenborough: Clever Monkeys. **7.30** Walker, Texas Ranger. **8.30** NCIS. (M) **10.30** Motor Racing. Formula 1. Chinese Grand Prix. Race 3. Highlights. From Shanghai International Circuit, China. **11.30** Super Rugby Extra Time. **12.30** Home Shopping. **2.00** Get Smart. (PG) **3.00** Star Trek: Voyager. (PG) **4.00** Diagnosis Murder. (PG)

ABC

6.00 News Breakfast. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Grand Designs. **12.00** ABC News At Noon. **1.00** Landline. **2.00** Janet King. (M) Final. **3.00** Gardening Australia. **3.25** Doctor Who. (PG) **4.15** Pointless. (PG) **5.00** ABC News At Five. **5.10** The Drum. **6.00** Think Tank. **7.00** ABC News. **7.30** 7.30. **8.00** Australian Story. **8.30** Four Corners. **9.15** Media Watch. (PG) **9.35** Q&A. **10.40** ABC Late News. **11.10** The Business. **11.25** Golf. USPGA Tour. RBC Heritage. Highlights. From Hilton Head, South Carolina. **12.20** Doctor Who. (PG) **1.10** Rage. (MA15+) **3.25** Antiques Roadshow. **4.25** Murder, She Wrote. (PG) **5.15** Pointless.

ABC COM

6.00 Children's Programs. **6.15** Peter Rabbit. **6.25** Floogals. **6.40** Play School. **6.45** The Justine Clarke Show! **6.55** Andy's Baby Animals. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Rosehaven. (PG) **8.30** Rosehaven. (PG) Final. **8.55** Tonightly With Tom Ballard. (M) **9.25** Free Agents. **9.50** Inside Amy Schumer. (M) **10.15** Other People's Problems. (PG) **10.20** Red Dwarf. (PG) **10.50** The Office. (PG) **11.15** 30 Rock. (PG) **11.35** Parks And Recreation. (PG) **12.00** Tonightly With Tom Ballard. (M) **12.30** Red Dwarf. (PG) **1.00** The Office. (PG) **1.20** 30 Rock. (PG) **1.40** Parks And Recreation. (PG) **2.05** News Update. **2.10** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** Al Jazeera. **2.00** Ball And Boe: Back Together. **2.55** Who's Your Daddy? (PG) **3.50** Wild Canada. **4.55** In My Mind: Women. (PG) **5.30** Letters And Numbers. **6.00** River Cottage Australia. **6.30** News. **7.35** Elizabeth. New. **8.30** Michael Mosley: Trust Me, I'm A Doctor. **9.30** 24 Hours In Emergency. Return. **10.30** SBS News. **11.00** The World Game. **11.30** Agatha Christie's Criminal Games. (MA15+) **1.20** Italy 1992. (MA15+) **2.25** Mammam. (M) **3.30** Mammam. (M) **4.25** Food Lover's Guide. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **11.00** NHK Japanese News. **11.35** Hindi News. **12.00** Movie: The Castle Of Cagliostro. (PG) (1979) **1.50** Huang's World. (PG) **2.40** Balls Deep. (PG) **3.10** Vs Arashi. (PG) **4.00** The Mindy Project. (PG) **4.25** Larping Saved My Life. (PG) **4.55** If You Are The One. **6.10** Brooklyn Nine-Nine. (PG) **6.35** MythBusters. (PG) **7.35** The Feed. **8.05** Travel Man. **8.35** Movie: American Pie. (1999) **10.20** Movie: After Hours. (M) (1985) **12.10** From Dusk Till Dawn. (MA15+) **1.00** From Dusk Till Dawn. (MA15+) **1.50** The Feed. **2.20** CGTN English News. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.45pm Rough Night (2017) Comedy. Scarlett Johansson, Kate McKinnon. (MA15+) **Premiere**
8.30pm The Monuments Men (2014) War. George Clooney, Matt Damon. (M) **Masterpiece**
9.40pm The Lego Batman Movie (2017) Animated. Will Arnett, Michael Cera. (PG) **Family**

GENERAL

2.30pm Fear The Walking Dead. (MA15+) **Showcase**
4.00pm The Mindy Project. (M) **Universal Channel**
8.30pm Tin Star. (MA15+) **BBC First**

DOCUMENTARY

7.30pm Jay Leno's Garage. (PG) **Discovery Turbo**
8.30pm Jamie & Jimmy's Food Fight Club. (PG) **Lifestyle Food**

SPORT

6.00am Soccer. Major League. Sporting Kansas City v Seattle Sounders. **ESPN2**
6.00am Golf. PGA Tour Champions. Mitsubishi Electric Classic. Final round. **Fox Sports 503**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** The Voice. **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** The Voice. **9.00** Date Night. (M) **9.30** Date Night. (M) **10.00** Movie: The Break-Up. (M) (2006) Jennifer Aniston, Vince Vaughn, Joey Lauren Adams, Vincent D'Onofrio. An art dealer decides to break up with her partner and begin dating other people in an effort to make him jealous. **12.10** 20/20. **1.05** The Closer. (M) **2.00** Extra. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** Auction Hunters. (PG) **1.00** Dawson's Creek. (PG) **2.00** Children's Programs. **3.30** Ninjago. **4.00** Kids' WB. (PG) **4.05** Teen Titans. (PG) **4.30** Ben 10. (PG) **5.00** Steven Universe. (PG) **5.30** Adv Time. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **7.30** Science Of Stupid. (M) **8.30** Movie: The 5th Wave. (M) (2016) **10.45** Big Bang. (PG) **11.15** 2 Broke Girls. (M) **12.15** Friends. (PG) **1.15** Mike Tyson Mysteries. (MA15+) **1.30** Steven Universe. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Pokémon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst Evolution. **4.00** Teen Titans. (PG) **4.30** Adv Time. (PG) **4.50** Power Rangers Ninja Steel. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Family Sins. (M) (2004) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) **7.30** My Kitchen Rules. (PG) Trouble at the dinner table threatens to eclipse the efforts of truffle farmer siblings Henry and Anna. **9.00** Interview. (M) New. Andrew Denton interviews a range of fascinating people in an effort to find out what makes them tick. **10.00** Grey's Anatomy. (M) **11.00** Grey's Anatomy. (M) **12.00** Cosmetic Coffee. (M) **12.30** Travel Oz. (PG) **1.00** Travel Oz. (PG) **1.30** Harry's Practice. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Get Arty. **7.30** Hairy Legs. **8.00** Jay's Jungle. **8.30** Million Dollar Minute. **9.30** Auction Squad. **10.30** The Great Outdoors. **11.30** NBC Today. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Auction Squad. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Pie In The Sky. (PG) Henry is drafted into a case recovering stolen cars. **8.30** Inspector Morse. (M) **10.30** Suspects. (M) **11.30** Bargain Hunt. (PG) **12.30** Harry's Practice. **1.00** Auction Squad. **2.00** Animal Cunnin'. **3.00** Escape To The Country. **4.00** Million Dollar Minute. **5.00** Animal Rescue. **5.30** Medical Emergency. (PG)

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** To Be Advised. **2.30** Neighbours. **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** GCB. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** Bachelor In Paradise. Hosted by Osher Günsberg. **8.30** Hughesy, We Have A Problem. Host Dave Hughes is joined by guests to discuss solutions to problems experienced in modern Australian life. **9.30** NCIS: LA. The team uncovers a killer, who puts on shows for high-paying voyeurs, while investigating a missing person's case. **10.30** NCIS: LA. (M) **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Super Rugby Extra Time. **9.00** Get Smart. (PG) **10.00** The 48 Hour Destination. **10.30** Hogan's Heroes. **11.00** Cheers. (PG) **12.00** Attenborough: Clever Monkeys. **1.00** The Doctors. (PG) **2.00** Matlock. (M) **3.00** Super Rugby Extra Time. **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** Attenborough: Five Big Cats And A Camera. **7.30** Walker, Texas Ranger. **8.30** 48 Hours. (MA15+) **9.30** VF Confidential. (M) **10.30** CSI: Miami. **11.30** CSI: Miami. (MA15+) **12.30** Home Shopping. **2.00** Cheers. (PG) **3.00** Star Trek: Voyager. (PG) **4.00** The Doctors. (PG) **5.00** Diagnosis Murder. (PG)

ABC

6.00 News. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Think Tank. **12.00** ABC News At Noon. **1.00** Four Corners. **1.45** Media Watch. (PG) **2.00** ANZAC Girls. (M) **3.00** Surfing The Menu: TNG. (PG) **3.25** Doctor Who. (PG) **4.15** Pointless. (PG) **5.00** ABC News At Five. **5.10** The Drum. **6.00** Think Tank. **7.00** ABC News. **7.30** 7.30. **8.00** The Checkout. (PG) **8.30** Employable Me. (M) **9.30** Louis Theroux: Drinking To Oblivion. (M) **10.30** ABC Late News. **11.00** The Business. **11.15** Q&A. **12.25** Doctor Who. (PG) **1.10** Louis Theroux: Drinking To Oblivion. (M) **2.10** Rage. (MA15+) **3.25** Antiques Roadshow. **4.25** Murder, She Wrote. (PG) **5.15** Pointless. (PG)

ABC COM

6.00 Children's Programs. **5.40** PJ Masks. **5.55** The Hive. **6.00** Octonauts. **6.15** Peter Rabbit. **6.25** Floogals. **6.40** Play School. **6.45** The Justine Clarke Show! **6.55** Andy's Baby Animals. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. **8.00** The Office. (PG) **8.30** The Office. (M) **9.00** Tonightly With Tom Ballard. (M) **9.30** Plebs. (M) **9.55** Idiotsitter. (M) **10.15** Virgin Bush. (M) **10.30** Red Dwarf. (PG) **11.05** The Office. (PG) **11.30** 30 Rock. (M) **11.50** Parks And Recreation. (PG) **12.10** Tonightly With Tom Ballard. (M) **12.40** Red Dwarf. (PG) **1.10** The Office. (PG) **1.30** 30 Rock. (M) **1.55** Parks And Recreation. (PG) **2.15** News Update. **2.20** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **8.10** Filipino News. **8.40** French News. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** Creative Minds. (PG) **2.50** Kylie Kwong: My China. **3.20** Are Video Games Really That Bad? (PG) **4.25** Dan Snow: Last Heroes Of D-Day. (PG) **5.30** Letters And Numbers. **6.00** River Cottage Australia. (PG) **6.30** News. **7.30** Who Do You Think You Are? (PG) Return. **8.30** Insight. **9.30** Dateline. **10.00** Fighting ISIS. **10.30** SBS News. **11.00** Spiral. (MA15+) **12.05** Spiral. (MA15+) **1.15** Movie: Accident. (MA15+) (2009) **2.50** 1964. (M) **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **12.00** Movie: Howl's Moving Castle. (PG) (2004) **2.05** Tattoo Age. (PG) **2.30** It's Suppertime! (M) **3.00** It's Suppertime! (PG) **3.25** The Pizza Show. **3.55** The Mindy Project. (PG) **4.20** News. **4.45** If You Are The One. **6.00** Brooklyn Nine-Nine. (PG) **6.30** MythBusters. **7.30** The Feed. **8.00** Going Deep With David Rees. (PG) **8.30** Rupert Everett: 50 Shades Of Gay. (MA15+) **9.25** Hate Thy Neighbour. **10.15** I'm A Stripper. (M) **11.05** Heimo's Arctic Refuge. **11.55** News. **12.20** Desus And Mero. (M) **12.45** Epicly Later'd. (MA15+) **1.35** F*ck That's Delicious. (M) **2.00** The Feed. **2.30** RT News In English From Moscow. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** WorldWatch.



MOVIES

6.10pm Manchester By The Sea (2016) Drama. Casey Affleck, Michelle Williams. (MA15+) **Masterpiece** **6.40pm Custody** (2016) Drama. Viola Davis, Hayden Panettiere. (M) **Premiere**

GENERAL

8.30pm Life Below Zero: The Thaw. (M) A&E **8.30pm Frankie Drake Mysteries.** (M) **13th Street**

DOCUMENTARY

8.30pm Astronauts: Do You Have What It Takes? (PG) BBC Knowledge **8.30pm Celebrity British Bake Off.** Lifestyle Food **8.30pm Vanity Fair Confidential.** (M) Crime & Investigation

SPORT

7.30pm Soccer. AFC Champions League. Sydney FC v Shanghai Shenhua. Fox Sports 505 **9.00pm Cycling.** UCI Europe Tour. Tour of the Alps. Lavarone to Alpe di Pampeago-Fiemme. Eurosport **11.30pm Soccer.** 2018 AFC Women's Asian Cup. First semi-final. Fox Sports 501

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Extra. **1.30** The Voice. **3.00** News. **4.00** Afternoon News. **5.00** Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Elton John: I'm Still Standing – A Grammy Salute. **9.30** Movie: The Beatles: Eight Days A Week – The Touring Years. (M) (2016) Paul McCartney, Ringo Starr, George Harrison, John Lennon. Takes a look at the early days of The Beatles' career, from 1962-1966, when they toured and first captured acclaim. **11.40** Embarrassing Bodies Down Under. (MA15+) **12.40** House of Cards. (PG) **1.35** Murder in The First. (M) **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** GMA. **5.00** News. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** Auction Hunters. (PG) **1.00** Dawson's Creek. **2.00** Children's Programs. **4.00** Kids' WB. (PG) **4.05** Teen Titans. (PG) **4.30** Ben 10. (PG) **5.00** Steven Universe. (PG) **5.30** Adv Time. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **7.30** Top Gear: The Perfect Road Trip II. (PG) **8.40** Movie: The Chronicles Of Riddick. (M) (2004) **11.00** Big Bang. (PG) **11.30** Street Outlaws. (M) **12.30** Friends. (PG) **1.30** Steven Universe. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Pokémon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst Evolution. **4.00** Teen Titans. (PG) **4.30** Adv Time. (PG) **4.50** Power Rangers Ninja Steel. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Sudden Terror: The Hijacking Of School Bus #17. (M) (1996) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) Justin's risky plan fractures his family. **7.30** My Kitchen Rules. (PG) For the first time in My Kitchen's Rules history, one team is asked to leave the table. **9.00** Back With The Ex. (PG) New. After years apart, four singles are reunited with the exes they just could not forget. **10.10** Hell's Kitchen USA. (MA15+) Return. Hosted by Gordon Ramsay. **12.10** Heroes Reborn. (M) **1.05** Heroes Reborn. (M) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Get Art. **7.30** Hairy Legs. **8.00** Jay's Jungle. **8.30** Million Dollar Minute. **9.30** Auction Squad. **10.30** The Great Outdoors. **11.30** NBC Today. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Auction Squad. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Pie In The Sky. (PG) Henry and Margaret go to the races. **8.30** A Touch Of Frost. (M) A man's body is found at a recycling plant. **10.30** To Be Advised. **11.30** Bargain Hunt. (PG) **12.30** Harry's Practice. **1.00** Auction Squad. **2.00** Shopping. **4.00** Million Dollar Minute. **5.00** Animal Rescue. **5.30** Medical Emergency. (PG)

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. **1.00** To Be Advised. **2.00** Ent. Tonight. **2.30** Neighbours. **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** GBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** Bachelor In Paradise. Hosted by Osher Günsberg. **8.30** The Graham Norton Show. Special guests include Dwayne Johnson, Naomie Harris, Martin Freeman and Roger Daltrey. **9.30** This Is Us. (M) The Pearsons come together under unexpected circumstances. Jack surprises the family with a holiday. **10.30** Hawaii Five-O. **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Cheers. (PG) **9.00** Star Trek: Voyager. (PG) **10.00** The 48 Hour Destination. **10.30** Hogan's Heroes. **11.00** Cheers. (PG) **12.00** Attenborough: Five Big Cats And A Camera. **1.00** The Doctors. (PG) **2.00** Matlock. (PG) **3.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** David Attenborough's Saving The Panda. **7.30** Walker, Texas Ranger. **8.30** CSI: Miami. (MA15+) **9.30** Tough Conversations With Henry Rollins. **10.30** CSI: NY. (M) **11.30** NCIS. (M) **12.30** Home Shopping. **2.00** Bondi Rescue. (PG) **2.30** Hogan's Heroes. **3.00** Star Trek: Voyager. (PG) **4.00** Diagnosis Murder. (PG)

ABC

6.00 News. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Think Tank. **12.00** ABC News At Noon. **12.30** Press Club. **1.30** Australian Story. **2.00** ANZAC Girls. (M) **3.00** Doctor Who. (PG) **4.15** Pointless. (PG) **5.00** ABC News At Five. **5.10** The Drum. **6.00** Think Tank. **7.00** ABC News. **7.30** 7.30. **8.00** Hard Quiz. (PG) **8.30** Shaun Micallef's MAD AS HELL. (M) **9.00** Sando. (PG) **9.30** Insert Name Here. (M) **10.00** Tonightly With Tom Ballard. (M) **10.30** ABC Late News. **11.00** The Business. **11.15** Four Corners. **12.05** Media Watch. (PG) **12.20** Doctor Who. (PG) **1.40** Rage. (MA15+) **2.25** National Press Club Address. **3.25** Antiques Roadshow. **4.25** Murder, She Wrote. (PG) **5.15** Pointless. (PG)

ABC COM

6.00 Children's Programs. **5.40** PJ Masks. **5.55** The Hive. **6.00** Octonauts. **6.15** Peter Rabbit. **6.25** Floogals. **6.40** Play School. **6.45** The Justine Clarke Show! **6.55** Andy's Baby Animals. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Black Books. (PG) **8.25** Black Books. (PG) **9.00** Tonightly With Tom Ballard. (M) **9.30** An Idiot Abroad. (MA15+) **10.15** Red Dwarf. (M) **10.45** The Office. (PG) **11.05** 30 Rock. (PG) **11.25** Parks And Recreation. (PG) **11.50** Tonightly With Tom Ballard. (M) **12.20** Red Dwarf. (M) **12.45** The Office. (PG) **1.10** 30 Rock. (PG) **1.30** Parks And Recreation. (PG) **1.50** News Update. **1.55** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **8.10** Filipino News. **8.40** French News. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **1.55** Who Do You Think You Are? **2.55** Dateline. **3.25** Insight. **4.25** I Bought My Own Rainforest. (PG) **5.30** Letters And Numbers. **6.00** River Cottage Australia. **6.30** News. **7.30** Michael Portillo's Abandoned Britain. **8.30** The Ganges With Sue Perkins. **9.30** The Good Fight. (M) **10.35** Berlin Station. (MA15+) Final. **11.35** SBS News. **12.05** Movie: Jappeloup. (M) (2013) **2.30** Inspector Montalbano. (M) **4.30** Food Lover's Guide. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **12.00** Movie: Asterix And Obelix In Britain. (PG) (2012) **1.55** Australiana: Island Queen. (PG) **2.35** Dead Set On Life. (PG) **3.00** Dead Set On Life. (PG) **3.25** Cyberwar. (PG) **3.55** The Mindy Project. (PG) **4.25** News. **4.50** If You Are The One. **6.05** Brooklyn Nine-Nine. (PG) **6.35** MythBusters. (PG) **7.35** The Feed. **8.05** Brooklyn Nine-Nine. (M) **8.30** Brooklyn Nine-Nine. (M) **9.00** The Crystal Maze. (PG) **10.00** Boy Racer. **10.30** Cycling. UCI World Tour. La Flèche Wallonne. **12.30** News. **12.55** Desus And Mero. (M) **1.20** Black Market: Dispatches. (M) **1.45** Funny How? (M) **2.10** The Feed. **2.40** France 24. **3.00** WorldWatch. **3.30** Bangla News. **4.00** Punjabi News. **4.30** WorldWatch.



MOVIES

6.35pm The Trip To Spain (2017) Comedy. Steve Coogan, Rob Brydon. (M) **Masterpiece** **8.30pm** La La Land (2016) Musical. Ryan Gosling, Emma Stone. (M) **Premiere** **8.30pm** Heartstone (2016) Drama. Baldur Einarsson, Blær Hinriksson. (M) **Masterpiece**

GENERAL

8.30pm Shetland. (M) **BBC First** **8.30pm** The Flash. (M) **FOX8** **9.15pm** Lucifer. (M) **FOX8**

DOCUMENTARY

6.30pm Stars Of The Silver Screen. **FoxTel Arts** **7.30pm** Unexpected. (M) **TLC** **8.30pm** Robson Green's Ultimate Catch. **BBC Knowledge**

SPORT

10.00am Basketball. NBA Playoffs. **ESPN** **7.00pm** Tennis. ATP World Tour Masters 1000. Monte-Carlo Masters. Second round. **ESPN2** **7.30pm** Soccer. AFC Champions League. Melbourne Victory v Shanghai SIPG. **Sports 505**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **9.00** Today Extra. (PG)
11.30 Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: Little Giants. (PG) (1994) Rick Moranis, Ed O'Neill, Shawna Waldron. A father starts his own kids' sports team. **3.00** News. **4.00** Afternoon News. **5.00** Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Thursday Night Football Preview. **7.50** Rugby League. NRL. Round 7. Canterbury Bulldogs v Sydney Roosters. From ANZ Stadium, Sydney. **9.45** The NRL Footy Show. (M) **11.00** The AFL Footy Show. (M) **12.30** Australian Boardriders Battle. **1.00** My Surf TV. **1.30** TV Shop: Home Shopping. **2.00** Extra. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** Auction Hunters. (PG) **1.00** Dawson's Creek. (PG) **2.00** Children's Programs. **4.05** Teen Titans. (PG) **4.30** Ben 10. (PG) **5.00** Steven Universe. (PG) **5.30** Adv Time. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **7.30** Robot Wars. (PG) **8.30** Survivor: Ghost Island. (PG) **9.30** Movie: Ali G Indahouse. (MA15+) (2002) **11.15** WWE Raw. (MA15+) **12.15** Friends. (PG) **1.15** Mike Tyson Mysteries. (MA15+) **1.30** Steven Universe. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Pokémon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst Evolution. **4.00** Teen Titans. (PG) **4.30** Adv Time. (PG) **4.50** Power Rangers Ninja Steel. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Witch Hunt. (M) (1999) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) Justin's meeting with Ava's kidnapper is thwarted. **8.30** First Dates UK. (M) Singles experience the thrills of dating, including a commitment-phobe who is meeting a past victim of cheating. **9.30** Movie: Bad Neighbours. (MA15+) (2014) Seth Rogen, Zac Efron. **11.30** Big Kitchens. (PG) Takes a look at kitchens and restaurants. **12.00** Code Black. (M) **1.00** Code Black. (M) Angus tries to help a distraught woman. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Get Art. **7.30** Hairy Legs. **8.00** Jay's Jungle. **8.30** Million Dollar Minute. **9.30** Auction Squad. **10.30** The Great Outdoors. **11.30** NBC Today. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Auction Squad. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Father Brown. (M) A murder occurs during a treasure hunt. **8.30** Murdoch Mysteries. (M) After the murder of a white man at a black church, Murdoch is pressured to make an expedient arrest. **11.30** Bargain Hunt. (PG) **12.30** Psychic TV. (M) **3.30** Harry's Practice. **4.00** Million Dollar Minute. **5.00** Animal Rescue. **5.30** Medical Emergency. (PG)

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. **1.00** To Be Advised. **2.00** Ent. Tonight. **2.30** Neighbours. **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** GBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** Show Me The Movie! **8.30** Law & Order: S.V.U. Benson crosses paths with an abducted woman and her daughter. **9.30** Law & Order: S.V.U. (M) Benson discloses some close held secrets as she tries to help a woman remember the details of her assault. **10.30** Blue Bloods. (M) **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Cheers. (PG) **9.00** Star Trek: Voyager. (PG) **10.00** The 48 Hour Destination. **10.30** Hogan's Heroes. **11.00** Cheers. (PG) **12.00** David Attenborough's Saving The Panda. **1.00** The Doctors. (PG) **2.00** Matlock. (M) **3.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** Attenborough: The Lost Elephants Of Timbuktu. **7.30** Walker, Texas Ranger. **8.30** Cops: Adults Only. (M) **9.00** Movie: Tears Of The Sun. (MA15+) (2003) Bruce Willis, Monica Bellucci, Cole Hauser, Tom Skerritt. **11.30** SEAL Team. (M) **12.30** Highlander. (M) **1.30** Home Shopping. **2.00** Cheers. (PG) **3.00** The Doctors. (PG) **4.00** Star Trek: Voyager. (PG) **5.00** Highlander. (M)

ABC

6.00 News Breakfast. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Think Tank. **12.00** ABC News At Noon. **1.00** Howard On Menzies: Building Modern Australia. **2.00** ANZAC Girls. (PG) **3.10** Doctor Who. (PG) **4.15** Pointless. (PG) **5.00** ABC News At Five. **5.10** The Drum. **6.00** Think Tank. **6.55** Sammy J. **7.00** ABC News. **7.30** 7.30. **8.00** Miniseries: Kiri. (M) **8.50** Wentworth. **9.35** QI. (M) **10.10** ABC Late News. **10.40** The Business. **10.55** Employable Me. (M) **11.55** Doctor Who. (PG) **1.00** Rage. (MA15+) **2.30** Golf. USPGA Tour. RBC Heritage. Highlights. From Hilton Head, South Carolina. **3.25** Antiques Roadshow. **4.25** Murder, She Wrote. (PG) **5.15** Pointless. (PG)

ABC COM

6.00 Children's Programs. **5.40** PJ Masks. **5.55** The Hive. **6.00** Octonauts. **6.15** Peter Rabbit. **6.25** Floogals. **6.40** Play School. **6.45** The Justine Clarke Show! **6.55** Andy's Baby Animals. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Frontline. (PG) **8.30** Frontline. (PG) **8.55** Sammy J. **9.00** Tonightly With Tom Ballard. (M) **9.30** Sando. (PG) **10.00** Comedy Up Late. (M) **10.30** Red Dwarf. **11.00** The Office. (PG) **11.20** 30 Rock. (M) **11.40** Parks And Recreation. (PG) **12.05** Tonightly With Tom Ballard. (M) **12.35** Red Dwarf. **1.05** The Office. (PG) **1.25** 30 Rock. (M) **1.45** Parks And Recreation. (PG) **2.05** News Update. **2.10** Closure. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **12.30** Turkish News. **1.00** PBS News. **1.55** The Marngrook Footy Show. **3.25** Skies Above Britain. **4.30** The Ascent Of Civilization. (PG) **5.30** Letters And Numbers. **6.00** River Cottage Australia. (PG) **6.30** News. **7.30** Railway Journeys UK. (PG) **8.05** Luke Nguyen's Food Trail. (PG) **8.35** The Truth About Fussy Eaters. **9.30** The Diet Testers. **10.25** The Bridge. (M) **11.35** SBS News. **12.10** Movie: For The Good Of Others. (MA15+) (2010) **2.00** The Island: Women's Island. (M) **3.00** The Island: Women's Island. (M) **4.00** The Island: Women's Island. (M) **4.55** Shane Delia's Moorish Spice Journey Bitesize. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **12.00** Movie: The Wind In The Willows. (PG) (1996) **1.35** States Of Undress. (PG) **2.25** Rivals. (PG) **2.50** Rivals. (PG) **3.20** Balls Deep. (PG) **3.50** The Mindy Project. (PG) **4.20** News. **4.45** If You Are The One. **6.05** Brooklyn Nine-Nine. (PG) **6.30** MythBusters. (PG) **7.30** The Feed. **8.00** Dateline. **8.30** Full Frontal. (MA15+) **9.00** Movie: Daria: Is It Fall Yet? (2000) **10.25** The Trixie & Katya Show. (MA15+) **10.55** The Trixie & Katya Show. (MA15+) **11.20** Mr Gay Syria. (M) **12.20** News. **12.50** Desus And Mero. (M) **1.15** Party Legends. (M) **1.40** The Feed. **2.10** Deutsche Welle. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** WorldWatch.



MOVIES

6.10pm Patriots Day (2016) Drama. Mark Wahlberg, John Goodman. (M) *Premiere*
6.15pm The Promise (2016) Drama. Christian Bale, Oscar Isaac. (M) *Masterpiece*
8.30pm Churchill (2016) Drama. Brian Cox, Miranda Richardson. (M) *Masterpiece*

GENERAL

7.30pm Sell It Like Serhant. (M) *Arena*
7.30pm Krypton. (M) *Syfy*
8.30pm The Gifted. (M) *FOX8*

DOCUMENTARY

6.30pm Gold Rush. (PG) *Discovery*
8.30pm Sister Wives. (PG) *TLC*
8.30pm Finding Escobar's Millions. (PG) *Discovery*

SPORT

10.00am Ice Hockey. NHL Playoffs. *Fox Sports 503*
7.50pm Rugby League. NRL. Round 7. Canterbury Bulldogs v Sydney Roosters. *Fox League*
8.30pm Golf. European PGA Tour. Trophee Hassan II. First round. *Fox Sports 503*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: Gambit. (PG) (2012) Colin Firth, Cameron Diaz. **3.00** News. **4.00** Afternoon News. **5.00** Hot Seat. **6.00** Nine News. **6.00** A Current Affair. **7.30** Friday Night Football Preview. **7.50** Rugby League. NRL. Round 7. Brisbane Broncos v Melbourne Storm. From Suncorp Stadium, Brisbane. **10.45** Movie: Last Man Standing. (M) (1996) Bruce Willis, Bruce Dern, William Sanderson. A drifting gunslinger-for-hire finds himself in the middle of an ongoing war between the Irish and Italian mafia. **12.50** Extra. **1.30** TV Shop. **2.00** Filthy Rich. (M) **3.00** Avengers. (PG) **4.00** Global Shop. **4.30** The Baron. (PG) **5.30** GMA.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** Auction Hunters. (PG) **12.30** Surfing Australia TV. **1.00** Dawson's Creek. (PG) **2.00** Children's Programs. **3.30** Nexi Knights. (PG) **4.00** Kids' WB. (PG) **4.05** Teen Titans. (PG) **4.30** Ben 10. (PG) **5.00** Steven Universe. (PG) **5.30** Adv Time. (PG) **6.00** Movie: Hoodwinked Too! Hood Vs Evil. (G) (2011) **7.40** Movie: Goosebumps. (PG) (2015) **9.40** Movie: Dark Shadows. (M) (2012) **12.00** WWE Smackdown. (MA15+) **1.00** Total Divas. (M) **2.00** Yu-Gi-Oh! (PG) **2.30** Pokémon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst Evolution. **4.00** Teen Titans. (PG) **4.30** Adv Time. (PG) **4.50** Power Rangers Ninja Steel. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Killer Assistant. (M) (2016) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Better Homes. The team makes over a home for a woman who lost her husband while serving in Afghanistan. **8.30** Movie: The Avengers. (M) (2012) Robert Downey Jr, Chris Hemsworth, Chris Evans, Scarlett Johansson. A group of heroes battles a rogue god who is threatening a new world order. **11.30** To Be Advised. **12.40** I Am Heath Ledger. (M) Friends and family of the late actor and artist Heath Ledger remember his life and career. **2.35** Shopping. **4.00** The Great Outdoors. Jennifer heads to Paris. **5.00** NBC Today.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Get Arty. **7.30** Kitty Is Not A Cat. **8.00** Jay's Jungle. **8.30** Million Dollar Minute. **9.30** Auction Squad. **10.30** The Great Outdoors. **11.30** NBC Today. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Auction Squad. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Border Security: Int. (PG) Two missing bags are a cause of concern. **8.30** Islands Of Britain. (PG) Part 1 of 3. **9.30** Building The Dream. Charlie heads to Cheshire. **10.30** The House That I100K Built. **11.30** Bargain Hunt. (PG) **12.30** Harry's Practice. **1.00** Psychic TV. (M) **4.00** Million Dollar Minute. **5.00** Animal Rescue. **5.30** Medical Emergency. (PG)

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. **1.00** The Living Room. **2.00** Ent. Tonight. **2.30** Neighbours. **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. Two families try to win big prizes by guessing the most popular responses to a survey of the public. **6.30** The Project. Join the hosts for a look at the day's news, events and hot topics. **7.30** The Living Room. Comedian Urzila Carlson invites Amanda to her New Zealand home. **8.30** To Be Advised. **9.30** To Be Advised. **10.30** To Be Advised. **11.30** The Project. A look at the day's news. **12.30** Stephen Colbert. (PG) **1.30** Shopping.

ONE

6.00 Home Shopping. **8.00** Motor Racing. Formula 1. Chinese Grand Prix. Race 3. Highlights. From Shanghai International Circuit, China. **9.00** Star Trek: Voyager. (PG) **10.00** The 48 Hour Destination. Final. **10.30** Hogan's Heroes. **11.00** Cheers. (PG) **12.00** Attenborough: The Lost Elephants Of Timbuktu. **1.00** The Doctors. (PG) **2.00** Matlock. (M) **3.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** MacGyver. (PG) **7.30** Walker, Texas Ranger. **11.30** NCIS: Los Angeles. (M) **12.30** Home Shopping. **2.00** Motor Racing. Formula 1. Chinese Grand Prix. Race 3. Highlights. From Shanghai International Circuit, China. **3.00** Walker, Texas Ranger.

ABC

6.00 News Breakfast. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Think Tank. **12.00** ABC News At Noon. **1.00** One Plus One. **1.30** Meet The Mavericks. (M) **2.00** Miniseries: Kiri. (M) **3.00** The War That Changed Us. (PG) **4.15** Pointless. (PG) **5.00** ABC News At Five. **5.10** The Drum. **6.00** Think Tank. **7.00** ABC News. **7.30** Gardening Australia. **8.30** Harrow. (M) **9.25** Silent Witness. (M) **10.20** ABC Late News. **10.50** The Business. **11.10** Shaun Micallef's MAD AS HELL. (M) **11.40** Planet America. **12.25** Rage. (MA15+) **5.00** Rage. (PG)

ABC COM

6.00 Children's Programs. **6.00** Octonauts. **6.15** Peter Rabbit. **6.25** Floogals. **6.40** Play School. **6.45** The Justine Clarke Show! **6.55** Andy's Baby Animals. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Hard Quiz. (PG) **8.30** Shaun Micallef's MAD AS HELL. (M) **9.00** Tonightly With Tom Ballard. (M) **9.30** Upstart Crow. (PG) Final. **10.00** The Thick Of It. (MA15+) **10.30** Red Dwarf. (PG) **11.05** The Office. (PG) **11.25** 30 Rock. (PG) **11.45** Parks And Recreation. (PG) **12.10** Tonightly With Tom Ballard. (M) **12.40** Red Dwarf. (PG) **1.10** The Office. (PG) **1.30** 30 Rock. (PG) **1.50** Parks And Recreation. (PG) **2.15** News Update. **2.20** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** The Point. **3.00** NITV News Week In Review. **3.30** Poh's Kitchen. **4.00** Poh's Kitchen. **4.35** Jonathan Phang's Gourmet Express. **5.30** Letters And Numbers. **6.00** River Cottage Australia. **6.30** News. **7.30** Railway Journeys UK. (PG) **8.00** Railway Journeys UK. (PG) **8.30** Movie: Syriana. (MA15+) (2005) **10.55** Homeland. (MA15+) **11.55** SBS News. **12.25** Movie: A Dangerous Method. (MA15+) (2011) **2.15** Deutschland 83. (M) **3.10** Deutschland 83. (M) **4.05** Deutschland 83. (M) **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **12.00** Abandoned. (PG) **12.50** Abandoned. (PG) **1.40** Tattoo Age. (PG) **2.30** Most Expensive. (PG) **3.00** VICE World Of Sports. (PG) **3.30** Cyberwar. (PG) **4.00** The Mindy Project. (PG) **4.25** News. **4.55** If You Are The One. **6.10** Brooklyn Nine-Nine. (PG) **6.35** The Classic Car Show. **7.30** Batman. (PG) **8.00** Batman. (PG) **8.30** Adam Looking For Eve. (MA15+) **9.25** Atlanta. (M) **10.00** Queer As Folk. (MA15+) **10.55** The Handmaid's Tale. (MA15+) **11.50** The Handmaid's Tale. (MA15+) **12.45** News. **1.10** Desus And Mero. (M) **1.35** PopAsia TV. (PG) **2.35** NHK World English News. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** WorldWatch.

AUSTAR

MOVIES

6.05pm Wonder Woman (2017) Action. Gal Gadot, Robin Wright. (M) *Premiere*
6.35pm Denial (2016) Drama. Rachel Weisz, Tom Wilkinson. (M) *Masterpiece*
10.15pm Bad Moms (2016) Comedy. Mila Kunis, Kathryn Hahn. (MA15+) *Comedy*

GENERAL

7.25pm Holby City. *BBC First*
9.25pm Merciless. (M) *Showcase*
10.00pm The Tonight Show Starring Jimmy Fallon. (M) *E!*

DOCUMENTARY

7.30pm Airport Security: Peru. (M) *National Geographic*
8.30pm Surviving Harvey: Animals After The Storm. (PG) *Discovery Science*

SPORT

7.00pm Soccer. A-League Finals. Elimination Final. *Fox Sports 501*
7.50pm Rugby League. NRL. Round 7. Brisbane Broncos v Melbourne Storm. *Fox League*
7.50pm Football. AFL. Round 5. Sydney v Adelaide. *Fox Footy*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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NORTH LAKES COMMUNITY WOMEN'S GROUP INC. NEWS

Our April General Meeting was well attended with lots of items on the Agenda. We discussed venues for our Christmas in July and Melbourne Cup functions as well as our upcoming Fashion Parade and Mothers Day Raffle. Of course our April birthday ladies weren't forgotten with another delicious cake was cut and shared, following a "Happy Birthday" song from all present.

We also had time to play a game of "Switch Sides", another fun way of getting to know more about our fellow members. It was surprising to learn that one of our members can play the spoons and another can juggle. There are no end to our talents!

Tuesday 17th April - Fashion Parade Morning. Six of our very own models will be highlighting fashions from Atrium Boutique. The Frugal Fashion Parade which was originally earmarked for this day will be deferred to later in the year. Our esteemed Treasurer will also be baking Anzac biscuits for us to share for morning tea. Visitors welcome.

Tuesday 24th April - A 9am start for us today as we are very privileged to have been invited to attend a sneak preview of the new North Lakes Hotel. After our tour we will head to the North Lakes Sports Club for lunch. Members only.

Tuesday 1st May - May General Meeting. Visitors welcome.

Our meetings are open to all women in North Lakes/Mango Hill-Moreton Bay District. For more information please contact Trish 0447 071 221 or Sue 0418 785 944.

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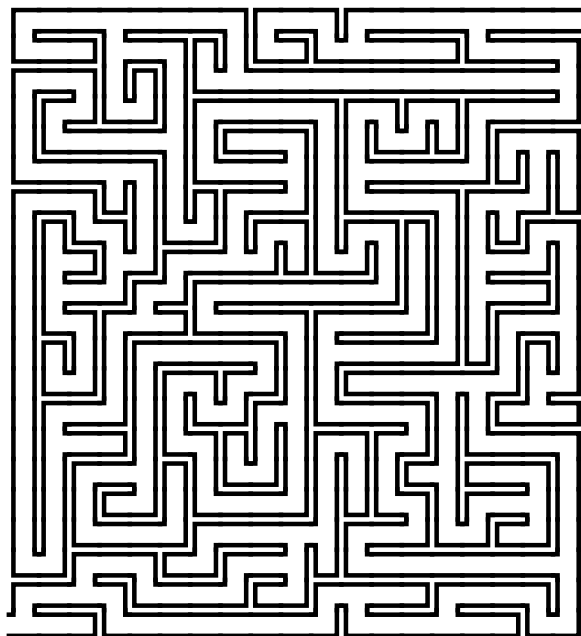
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Crossword 6511

Global media megastar Laurie Stibbe creates these

ACROSS

- 1 Killer whale
- 5 Become an achiever
- 9 Wheel spokes
- 10 Slide of snow and ice
- 11 Moving staircase
- 12 Fibs
- 13 Ancient language still in use
- 15 Performed with much energy
- 18 Bathroom handwashing sink
- 19 Lure
- 21 Antiseptic and disinfectant
- 23 A remarkable development
- 25 Popular Wild West wagon
- 26 Ancient Greek giant god
- 27 In the direction of
- 28 Stupid person

DOWN

- 1 Phantasmagorical
- 2 Relinquishes the throne
- 3 Projecting bay window
- 4 Those who play flutes
- 5 Step
- 6 Censured severely
- 7 Distinguish oneself
- 8 Dons clothing
- 14 Atomiser
- 16 Area for grazing livestock
- 17 Classical musical group
- 18 Tame cat gone wild
- 20 Longed for
- 22 Tendon
- 23 Religious
- 24 Number system of eight

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COMMUNITY NOTICE BOARD ONLINE

Are you looking for something to do? Visit the region's foremost community guide where you'll find like-minded individuals of all interests, events, local special interest groups for all ages, guidance and support if you need it.

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The Community Notice Board is a free service provided by the Messenger for community, social and non-profit organisations

To post email: community@northlakesmessenger.com.au

- Maximum of 60 words per submission
- Please resubmit your item in full when making alterations
- Entries updated every Thursday
- Your submission will run ongoing until you notify us otherwise



QUEENSLAND POPULATION TO HIT 5 MILLION, DRIVING HOUSING DEMAND

Queensland's population is projected to reach 5 million in a couple of months, according to the ABS today, and this is translating to a strong property market in the Sunshine State

REQ Chairman Rob Honeycombe said Queensland real estate market, and the wider Queensland economy, would benefit from such strong growth.

"Queensland grew by 81,000 people last year, and we were the most popular state for internal migration, growing more than any other state in the year to September 2017.

Overseas migration added 31,000 to Queensland's population, which was almost 40 per cent of all new residents in the year to September 2017.

"Last year, \$54 billion of Queensland residential real estate was bought and sold," Mr Honeycombe said.

"Our popularity means demand for housing is growing and this is good news for some of our weaker markets such as the inner Brisbane apartment market and regional Queensland," Mr Honeycombe said.

"Of course, there are pockets where housing supply is tight and this population growth is placing pressure on markets such as the Sunshine Coast and the Gold Coast, where prices are rising steady and vacancy rates are at historic lows.

"These areas would benefit from increased supply and, in fact, both the Sunshine Coast and Gold Coast have additional levels of supply coming to market in the near future.



The ABS data revealed 12,000 of our 19,000 net internal migrants were from New South Wales.

"We have known for some time that many southerners are also moving to regional Queensland, seeking a peaceful lifestyle change.

"Downsizers and pre-retirees are selling their Sydney property to

move to regional coastal towns, such as Bundaberg and the Fraser Coast, to buy waterfront property and a great lifestyle," Mr Honeycombe said.

"Queensland real estate offers great value and this is why it underpins the state's economy. When real estate performs well, everyone benefits," Mr Honeycombe said.

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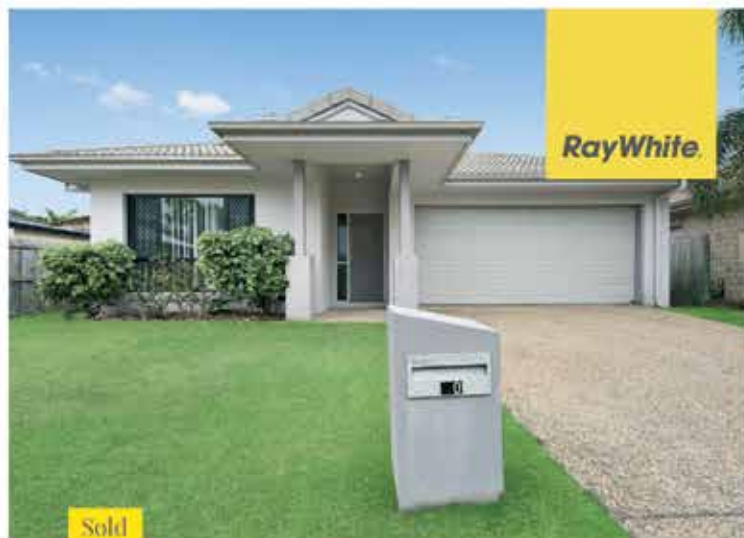
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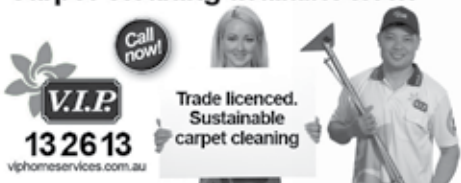
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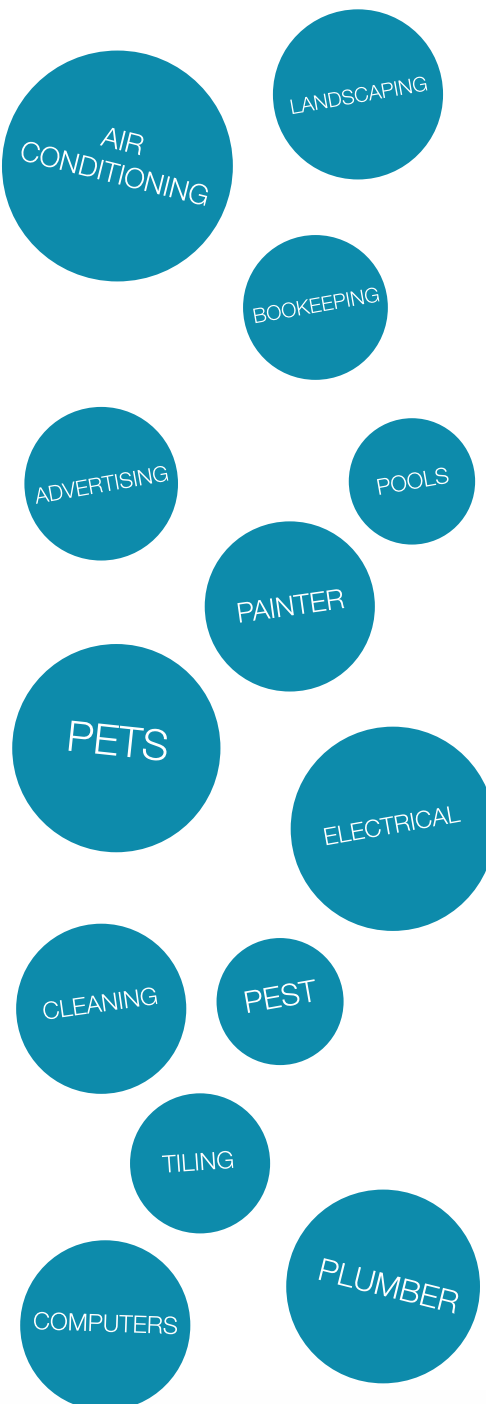
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